

Chapter 2

Sports Participation

I. Participation in Sports and Physical Activities by Adult

1. Participation in Sports and Physical Activities

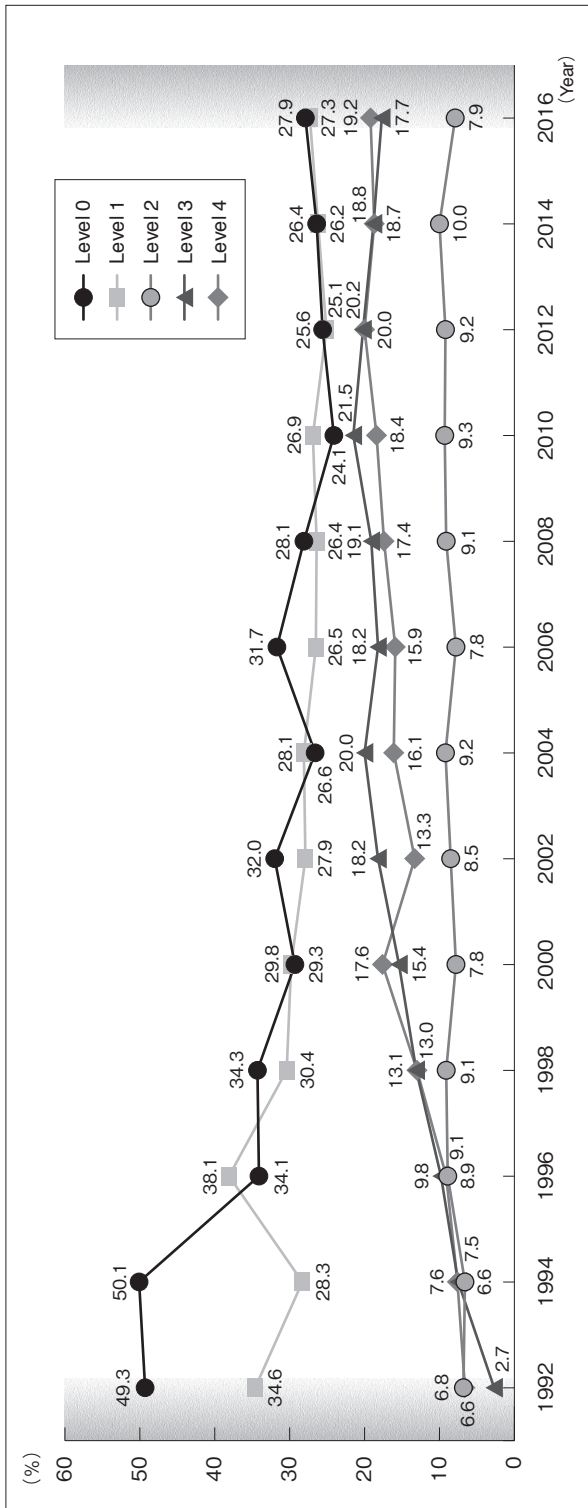
In order to understand the level of participation in sports and physical activities by adults, the Sasakawa Sports Foundation (SSF) has examined the statistical data gathered through the “SSF National Sports-Life Survey”, which has been conducted by SSF every other year since 1992. The survey aims to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

In this survey, the participation of adults in sports and physical activities were divided into the following levels; “Level 0” for those who did not participate in any sports 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 sports and physical activities by adults are shown in Figure 2-1. Level 4 is the participation level recommended by the American College of Sports Medicine (ACSM) and the Ministry

Table 2-1 Levels of Participation in Sports 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 (2016)

Figure 2-1 Rates of Participation in Sports and Physical Activities over the years

of Health, Labor and Welfare (MHLW) in Japan. SSF defines people who are at this level as “Active Sports Participants.” Since 1992, the proportion 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. When Level 3 and 4 are combined, it shows that over 35% of adults are achieving a better quality participation in sports and physical activities in terms of frequency and duration. One of the reasons behind this could be the increased awareness of prevention of lifestyle diseases, as well as more public interest in maintaining their body shape and improving health and physical strength.

In 1992 and 1994, adults rated at Level 0 accounted for about half of all adults in Japan. However, since that time this number has been decreasing. This downward trend has also been observed in Level 1, and both Levels 0 and 1 have followed a similar downward trend since 1996.

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

The changes in the participation rate for sports and physical activities over the last ten years (2006 to 2016) 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 began to decline since 2012. Conversely, the proportion of both men and women showed a slight decrease at Level 1, with the number of men remaining 10 percentage points higher than that number of women. At Level 0, the proportion of women was higher than that of men. However, in 2006, a 8.2 percentage point gap was found between women (35.6%) and men (27.4%), but in 2012 there was only a 5.5 percentage point gap found between women (28.3%) and men (22.8%), then in 2016 there was a 6.8 percentage point gap as women (31.2%) and men (24.4%), indicating that the gender difference was slightly widening again.

In terms of age groups, the proportion of the population reaching Level 4 was higher in 2016 for all age groups except the 30s age group, when compared to 2006 (Table 2-3). This was especially noticeable in the over 70s age group, where the proportion increased over a 10 percentage point (from 11.3% in 2006 to 21.9% in 2016). Similarly, the trend for a growing level of active participation in sports and physical activities for older adults was also seen in the numbers at Level 0, where there was a 15 percentage point decrease (from 51.1% to 35.8%) for the over 70 age group.

Table 2-2 Rates of Participation in Sports and Physical Activities over the years (By Gender)

Level	2006	2008	2010	2012	2014	2016
Men Level 0	27.4	24.4	21.0	22.8	23.2	24.4
Women Level 0	35.6	31.7	27.0	28.3	29.5	31.2
Men Level 1	31.0	31.5	32.7	30.0	30.6	31.7
Women Level 1	22.3	21.4	21.3	20.3	21.9	23.1
Men Level 4	17.2	18.5	20.4	20.4	20.9	21.3
Women Level 4	14.7	16.3	16.3	19.5	16.5	17.1

SSF National Sports-Life Survey (2006-2016)

(%)

Table 2-3 Rates of Participation in Sports and Physical Activities over the years (By Age)

(%)

Year	Level	In the 20s	In the 30s	In the 40s	In the 50s	In the 60s	70 and over	Total
2006	Level 0	21.8	24.8	26.6	32.3	32.2	49.7	31.7
	Level 1	40.1	39.9	37.8	21.0	15.3	9.4	26.5
	Level 2	7.5	7.1	6.6	10.8	6.1	8.2	7.8
	Level 3	11.5	12.7	13.6	20.2	27.3	21.4	18.2
	Level 4	19.0	15.5	15.4	15.7	19.0	11.3	15.9
2016	Level 0	24.4	23.8	25.1	33.8	28.5	31.9	27.9
	Level 1	38.7	38.3	37.4	25.1	13.1	12.0	27.3
	Level 2	5.6	10.8	9.3	7.2	7.5	5.8	7.9
	Level 3	12.0	13.6	10.2	14.8	27.5	28.4	17.7
	Level 4	19.3	13.4	18.1	19.2	23.3	21.9	19.2

SSF National Sports-Life Survey (2006, 2016)

Based on these results, it can be concluded that: (a) the proportion of people who regularly participate in sports 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 sports and physical activities has increased significantly.

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

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 2006. “Weight training” became the fourth since 2014, continuing to increase steadily. Participation rate for “Bowling” has been decreasing for the last two surveys since 2014, but remains at the fifth. In 2010, “Jogging/Running” ranked the seventh and stays at the same rank until the latest survey, reflecting the impact of running boom in recent years.

4. Participation in Sports and Physical Activities by People with Disabilities

Figure 2-2 displays the number of days people participated in sports 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 the upper portion is obtained from the report titled “Project for promotion of disability sports in the communities (Research on promoting sports participation for people with disabilities)” by the Japan Sports Agency while the bottom portion is based on a 2015 survey conducted by the Cabinet Office.

The data indicates that 9.3% of disabled adults participated three or more days per week compared to 19.6% of nondisabled adults, while 9.9% of disabled adults participated one to two days per week compared to 20.8% of nondisabled adults. Using these two levels of participation as a standard for representing individuals who engaged regularly in sports or recreation reveals that the level of participation for disabled adults (19.2%) was limited to half that reported for nondisabled adults (40.4%). Even more striking is the fact that the percentage of individuals who did not participate was nearly three times higher for disabled adults (60.2%) than nondisabled adults (22.3%).

For almost all disability types (limb impairment [not requiring wheelchair], visual impairment, hearing impairment, intellectual disability,

Table 2-4 Rates of Participation in Sports and Physical Activities over the years (By Types of Sports)

Rank	2006	2008	2010	2012	2014	2016
1	Strolling 29.2	Strolling 30.8	Strolling 34.8	Strolling 34.9	Strolling 33.0	Strolling 32.0
2	Walking 19.7	Walking 22.4	Walking 24.5	Walking 25.0	Walking 25.7	Walking 23.7
3	Calisthenics and light exercises 16.1	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
4	Bowling 14.8	Bowling 15.1	Bowling 13.3	Bowling 13.0	Weight training 13.0	Weight training 13.5
5	Weight training 8.4	Weight training 11.1	Weight training 11.5	Weight training 12.2	Bowling 10.0	Bowling 9.5
6	Golf on a course 8.1	Swimming 9.0	Golf on a course 9.0	Jogging/Running 9.7	Jogging/Running 9.5	Jogging/Running 8.6
7	Swimming 7.5	Sea bathing 8.9	Fishing 8.5	Golf on a course 8.3	Golf on a course 7.5	Fishing 7.5
8	Golf on a driving range 7.2	Golf on a course 8.7	Jogging/Running 8.5	Golf on a driving range 8.0	Golf on a driving range 7.2	Swimming 7.3
9	Sea bathing 6.9	Playing catch 8.0	Golf on a driving range 8.2	Playing catch 7.5	Cycling 7.2	Golf on a course 7.2
10	Fishing Playing catch 6.8	Cycling 7.9	Playing catch 8.1	Fishing 7.5	Swimming 6.7	Cycling 6.7

Performed at least once in the previous year.

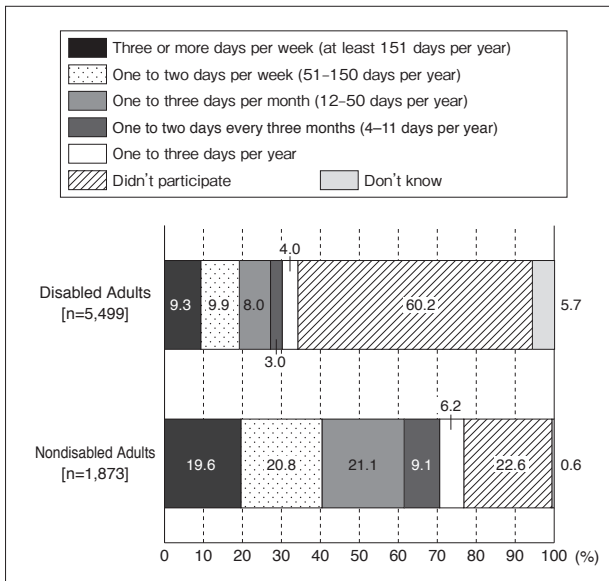
SSF National Sports-Life Survey (2006-2016)

developmental disability, mental disorder, and others [including speech, language, and chewing disorders as well as internal disorders]), around 20% of adults participated in sports or recreation at least one day per week, although this number was about 10% for individuals with limb impairment [requiring wheelchair].

Inferring these disparities from a perspective of sports experiences, then the data suggests that there are serious deficiencies in either the social environment during the growing period, or the current sports environment found in compulsory education such as physical education and sports clubs at schools, or perhaps both.

Types of Sports played by People with Disability

Table 2-5 displays the sports 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”. Also making it on the list is participation in aquatic exercises, such as “Swimming” and “Water walking”, which have long been used for rehabilitation. Participation was



Note : Data for nondisabled adults is based on the Cabinet Office's "Public Poll on Tokyo Olympic and Paralympic Games (2015).
 Project for promotion of disability sports in the communities
 (Research on promoting sports participation for people with disabilities) (JSA, 2016)

Figure 2-2 Number of Days Adults Participated in Sports or Recreation in the past year

Table 2-5 Participation in Sports and Recreation for the past year by Disability Type (n = 2,191 adults; multiple answers)

Limb Impairment [Requiring Wheelchair]			Limb Impairment [Not Requiring Wheelchair]			Visual Impairment			Hearing Impairment		
Rank	N=141	%	Rank	N=520	%	Rank	N=219	%	Rank	N=253	%
1	Strolling	22.0	1	Strolling	41.0	1	Strolling	37.9	1	Strolling	36.4
2	Playing catch	14.9	2	Walking	26.5	2	Walking	33.8	2	Walking	31.2
	Walking		3	Swimming	13.3	3	Swimming	12.8	3	Calisthenics and light exercise	10.7
4	Water Walking	8.5	4	Water Walking	12.3	4	Calisthenics and light exercise	10.5		Jogging/Running	
5	Balloon Volleyball	7.8	5	Calisthenics and light exercise	10.6	5	Jogging/Running	10.0	4	Swimming	9.9
Intellectual Disability			Developmental Disability			Mental Disorder			Other (Including Speech and Internal Disabilities)		
Rank	N=190	%	Rank	N=161	%	Rank	N=616	%	Rank	N=427	%
1	Strolling	45.8	1	Strolling	39.8	1	Strolling	45.0	1	Strolling	46.8
2	Walking	24.7	2	Walking	28.6	2	Walking	36.0	2	Walking	35.4
3	Swimming	24.2	3	Swimming	18.0	3	Swimming	14.4	3	Calisthenics and light exercise	11.9
4	Calisthenics and light exercise	11.6	4	Calisthenics and light exercise	14.9	4	Calisthenics and light exercise	14.0	4	Swimming	10.1
5	Bowling	10.0	5	Jogging/Running	11.2	5	Jogging/Running	12.8	5	Hiking	7.3
Reference: SSF National Sports-Life Survey 2016						Reference: Public Poll on Sports Participation 2016					
Rank	N=3,000					Rank	N=20,000				
1	Strolling					1	Walking				
2	Walking					2	Exercise				
3	Calisthenics and light exercise					3	Training				
4	Weight training					4	Running/Marathon/Long-Distance Relay				
5	Bowling					5	Cycling				

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.

Note 3 : Public Poll on Sports Participation 2016 conducted by Japan Sports Agency is a national survey of individuals between the ages of 18 and 79.

Project for promotion of disability sports in the communities (Research on promoting sports participation for people with disabilities) (USA, 2016)

SSF National Sports-Life Survey (2016)

Public Poll on Sports Participation (USA, 2016)

also high for “Jogging/Running”, which further emphasizes the importance of guide runners for people with visual impairment.

5. Number of Registered Players by Types of Sports

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

The number of registered players and teams for sports which had the highest number of participants (performed by the participants at least once a year) according to the results obtained from “The 2016 SSF National Sports-Life Survey” and “The 2015 SSF National Sports-Life Survey of Young People”, were described based on the data released by NGBs (Table 2-6).

Table 2-6 The Number of Registered Players and Estimated Participants

Sports	Number of registered players [teams]			Participation rate(%)		Estimated number of participants (in 10,000s)	Ratio of registered players in the population
	Total	Men	Women	Teenager	Adult		
Bowling	10,486	7,667	2,819	15.3	9.5	1,168	0.09
Swimming	130,571	-	-	23.1	7.3	1,031	1.27
Badminton	275,250	-	-	24.6	5.3	842	3.27
Golf	551,218	498,086	53,132	2.2	7.2	774	7.12
Football	995,670	941,553	54,117	29.4	3.4	701	14.20
Table tennis	327,132	-	-	19.6	4.3	679	4.82
Mountaineering	8,984	-	-	6.1	4.7	560	0.16
Basketball	636,987	366,958	270,029	28.1	2.1	551	11.56
Volleyball	416,273	146,131	270,142	18.8	2.8	514	8.10
Baseball	[59,083]	-	-	16.4	2.9	495	-
Tennis	11,877	7,500	4,377	8.2	3.3	440	0.27
Softball	126,941	85,286	41,655	7.5	2.4	338	3.76
Ground golf	179,317	-	-	0.1	2.5	261	6.87
Soft tennis	458,275	-	-	10.3	1.1	236	19.42
Ice skating	7,503	-	-	5.5	1.5	221	0.34
Aerobics	1,388	-	-	0.6	1.6	173	0.08
Track and field	417,435	270,000	147,435	10.0	0.5	170	24.56
Flying disc	4,630	3,154	1,476	4.9	0.5	110	0.42
Karate	83,785	-	-	3.2	0.4	80	10.47
Surfing	10,152	8,784	1,368	0.4	0.6	67	1.52
Canoe	3,880	2,805	1,075	1.8	0.4	63	0.62
Judo	161,211	132,727	28,484	2.2	0.3	57	28.28
Rowing	9,157	6,356	2,801	1.1	0.3	44	2.08
Rugby	92,643	89,071	3,572	1.5	0.2	39	23.75

Note1 : The estimated number of participants is displayed in a descending order (participants are aged 10 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 2016 survey by the adult population (of 103,888,078 people based on the Basic Resident Register on January 1, 2015).

2 The number of participants is calculated by multiplying the participation rate suggested in the 2015 survey by the teenage population (of 11,836,576 people based on the Basic Resident Register on January 1, 2014).

Note3 : Soft volleyball is not included in the volleyball.

Note4 : Futsal/5 a side football is not included in the football.

When the number of individual players was examined, the sports that had the largest number of registered players was “Football” with 995,670 people, followed by “Basketball” (636,987 people), “Golf” (551,218”, “Soft tennis” (458,275 people), “Track and field” (417,435 people) and “Volleyball” (416,273 people). By gender, the number of men registered was higher than that of women in many sports, with the exception of “volleyball” that had a higher number of women.

Population of Registered Players and Actual Sports Participants

Dividing the population of registered players by the estimated population of participants allows the population ratio of the registered players to be obtained. The sports that had the highest ratio of the registered players were “Judo” at 28.28%, followed by “Track and field” (24.56%) “Rugby” (23.75%), “Soft tennis” (19.42%), “Football” (14.20%), “Basketball” (11.56%) and “Karate” (10.47%). The sports that had a high ratio of registered players tended to have a relatively high participation rate in young people, aged 10-19 years. On the contrary, the ratio of registered players tended to be low in individual-oriented leisure sports such as “Aerobics” (0.08%), “Bowling” (0.09%), and “Mountaineering” (0.16%).



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

1. Participation in Sports and Physical Activities by Children Aged 4-9 Years

The levels of frequency of children's participation in sports and physical activities were divided into 4 groups (Table 2-7). Those who had not participated in any sports 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 sports activities during classes or events at school, kindergarten, or nursery school were excluded from this survey.

Concerning the frequency of participation in sports and physical activities, children who never participated in any sports or physical activities (non-participation group) was 3.7%; those who participated at least three times a week (moderate and high frequency groups) was almost 80%, and those who participated in sports and physical activities at least seven times a week (high frequency group) was about 50% (Figure 2-3).

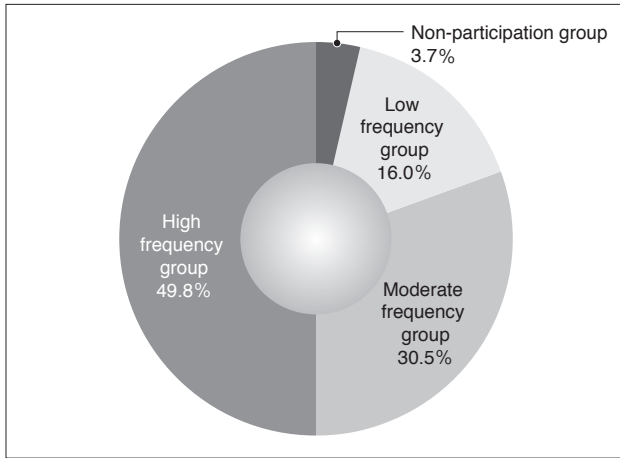
In Figure 2-4, the frequency levels of children's participation in sports are displayed by gender and by school year. With regard to gender, the proportion of boys and girls in the high and moderate frequency group, the total percentage was 82.2% for boys and 78.3% for girls.

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

Table 2-7 Categories of Participation in Sports and Physical Activities for Children Aged 4-9 years

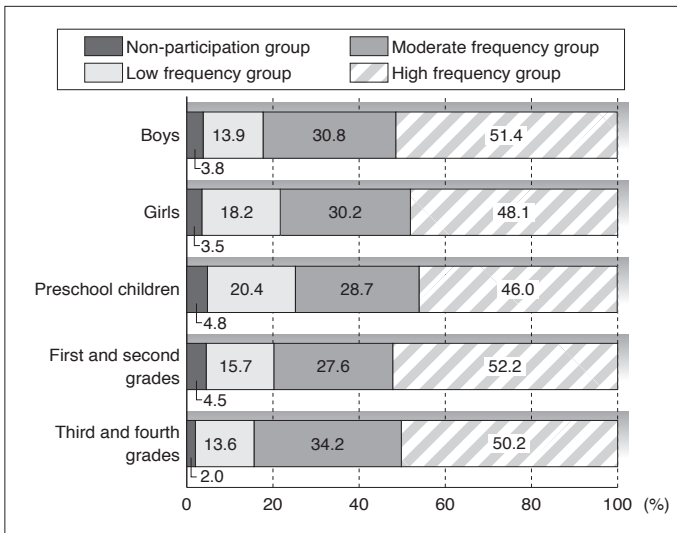
Participation Group	Criteria
Non-participation group	Non-participation (0 time/year)
Low frequency group	At least once a year but less than 3 times a week (between 1-155 times/year)
Moderate frequency group	At least 3 times a week but less than 7 times a week (between 156-363 times/year)
High frequency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

as the school years advanced, with 20.4% for preschool children, 15.7% for first and second grades, and 13.6% for third and fourth grades. An increasing pattern was found for children who participated in sports and physical activities at least three times a week (moderate and high frequency groups) as their school years advanced, with 74.7% for preschool children, 79.8% for first and second grades, and 84.4% for third and fourth grades.



SSF National Sports-Life Survey of Children (2015)

Figure 2-3 Rate of Sports Participation for Children Aged 4-9 years



SSF National Sports-Life Survey of Children (2015)

Figure 2-4 Frequency Levels of Participation for Children Aged 4-9 years (By Gender and By School Year)

2. Participation in Sports and Physical Activities by Children Aged 4-9 Years by Types of Sports

Table 2-8 shows the ranking of participation in sports and physical activities by children aged 4-9 years (top ten sports and physical activities participated at least once in the previous year). The sports that had the highest participation rate in 2015 was “Playing tag”, followed by “Riding bicycle”, “Swinging”, “Hide-and-peek” and “Skipping rope (including long rope)”.

Table 2-9 shows the ranking of participation in sports and physical activities that were “often participated in” by children aged 4-9 years. This excludes sports and physical activities that were performed irregularly, allowing for a more accurate and clear understanding of the types of sports and physical activities that are participated on a daily basis. Overall, “Playing tag” had the highest participation rate, followed by “Riding bicycle”, “Swimming”, “Swinging” and “Dodgeball”.

By gender, the most popular sports for boys were “Playing tag”, following by “Football”, “Swimming”, “Riding bicycle” and “Dodgeball”, and those for girls were also “Playing tag”, “swinging”, “Riding bicycle”, “Skipping rope (including long rope)” and “Swimming.” This suggests that boys at the ages of around 4-9 years are already participating in sports that continue to be popular in junior high and high school years, while girls were mainly participating in play based activities.”

Table 2-8 Ranking of Participation in Sports and Physical Activities by Children Aged 4-9 years (At least once a year)

Rank	Sports	%
1	Playing tag	65.7
2	Riding bicycle	53.2
3	Swinging	52.1
4	Hide-and-peek	48.0
5	Skipping rope (including long rope)	47.2
6	Swimming	46.3
7	Horizontal Bar	44.8
8	Running	39.7
9	Dodgeball	39.6
10	Football	35.1

Table 2-9 Ranking of Participation in Sports and Physical Activities by Children Aged 4-9 years (Those Who "Often Participated in" By Gender)

Overall			Boys			Girls		
Rank	Sports	%	Rank	Sports	%	Rank	Sports	%
1	Playing tag	50.5	1	Playing tag	50.9	1	Playing tag	50.0
2	Riding bicycle	36.7	2	Football	45.5	2	Swinging	39.4
3	Swimming	34.0	3	Swimming	37.3	3	Riding bicycle	37.5
4	Swinging	29.3	4	Riding bicycle	35.9	4	Skipping rope (including long rope)	33.4
5	Dodgeball	28.7	5	Dodgeball	32.4	5	Swimming	30.6
6	Football	26.2	6	Swinging	19.6	6	Horizontal bar	27.7
7	Skipping rope (including long rope)	25.1	7	Runnig	19.2	7	Dodgeball	24.9
8	Horizontal bar	20.4	8	Hide-and-seek	18.5	8	Runnig	19.8
9	Runnig	19.5	9	Skipping rope (including long rope)	17.2	9	Hide-and-seek	19.2
10	Hide-and-seek	18.9	10	Horizontal bar Playing catch	13.4	10	Riding unicycle	11.3

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

SSF National Sports-Life Survey of Children (2015)

3. Participation in Sports and Physical Activities by Young People Aged 10-19 Years

The participation rates of young people aged 10 to 19 years in sports and physical activities are analyzed in terms of frequency, duration and intensity (Table 2-10).

Those youths who did not participate in any sports or physical activities at all in the previous year were categorized as “Level 0”; those who participated sports 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 2015, the percentage of young people who did not participate in any sports or physical activities in the previous year (Level 0) was 13.2%, representing one in every eight young people (Figure 2-5). Those who participated at least five times a week, with a duration of 120 minutes, and with more than moderate intensity (Level 4) constituted 27.1% of the young people.

By gender, it was found that the proportion of boys at Level 1 was 9.8% while that of girls was 16.6%. Meanwhile, the proportion of boys at Level 4 was 33.9%, and that of girls was 20.2%. Both of these results show that the frequency of participation in sports and physical activities is higher for boys than girls (Figure 2-6). It was also found that one in every six girls did not participate in any sports or physical activities at all during the previous year.

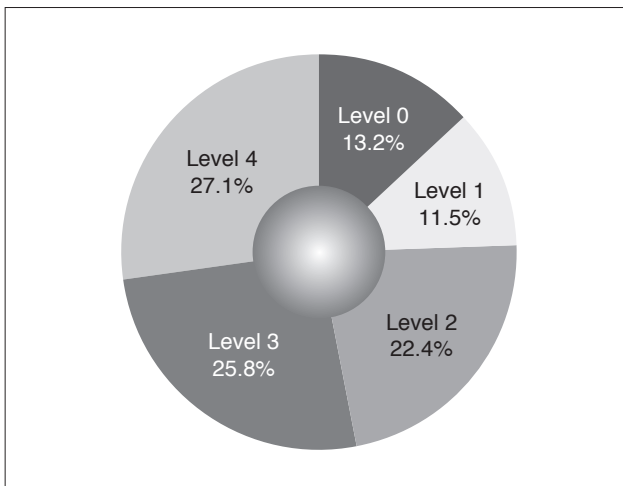
Table 2-10 Levels of Participation in Sports and Physical Activities by Young People Aged 10-19 years

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 1.9% in elementary school years, 6.4% in junior high school years, 16.7% in high school years and 20.7% 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 42.5% and 36.2%, respectively), which may have been due to school sports clubs that provide opportunities for students to participate in physical activities. Among young workers (aged 15-19 years), the proportion of individuals at Level 0 was extremely high at 38.9%, and those at Level 4 were only 3.3%. Those who participated in physical activities once a week or less (e.g. Level 1 or below) accounted for 64.5% of young workers. Such a low participation rate compared to other youths is an issue that needs to be addressed appropriately.

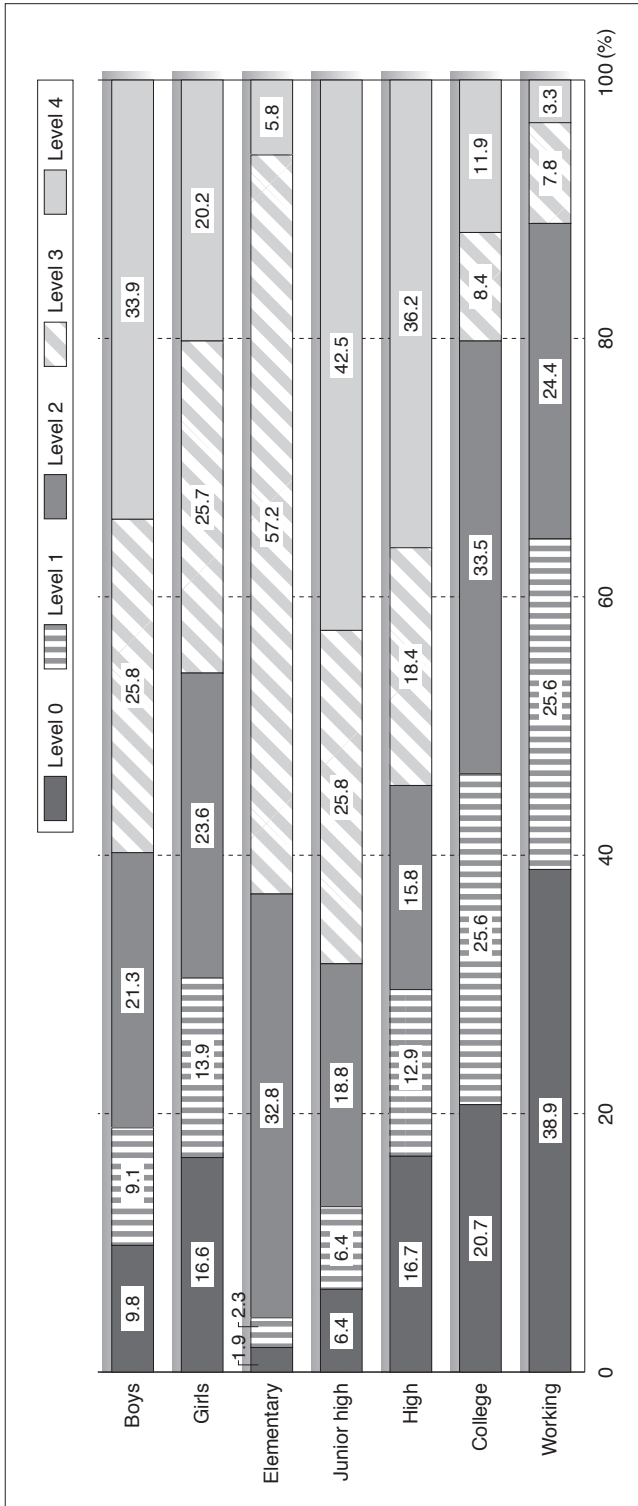
4. Ranking of Participation in Sports and Physical Activities by Young People Aged 10-19 by Types of Sports

Table 2-11 shows the ranking of participation in sports and physical activities by young people aged 10-19 years (top ten sports and physical activities participated at least once in the previous year). In 2015, “Football” had the highest participation rate, followed by “Playing tag”, “Basketball”, “Dodgeball”, and “Jogging or running”.



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

Figure 2-5 Rates of Sports Participation for Young People Aged 10-19 years



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

Figure 2-6 Rates of Sports Participation for Young People Aged 10-19 years (By Gender and By School Year)

Table 2-11 Ranking of Participation in Sports and Physical Activities by Young People Aged 10-19 years (At Least Once a Year)

Rank	2011			2013			2015		
	Sports	%	Rank	Sports	%	Rank	Sports	%	Rank
1	Football	26.9	1	Football	31.1	1	Football	29.4	1
2	Basketball	23.8	2	Playing tag	30.0	2	Playing tag	28.7	2
3	Jogging/running	23.5	3	Jogging/running	26.4	3	Basketball	28.1	3
4	Playing tag	22.8	4	Basketball	25.9	4	Dodgeball	25.0	4
5	Swimming	22.7	5	Swimming	25.3	5	Jogging/running	24.9	5
6	Badminton	19.2	6	Dodgeball	24.0	6	Badminton	24.6	6
7	Skipping rope	19.1	7	Skipping rope	23.1	7	Swimming	23.1	7
8	Weight training	18.9	8	Badminton	22.3	8	Skipping rope	21.9	8
9	Dodgeball	18.8	9	Weight training	20.7	9	Weight training	20.1	9
10	Baseball	17.5	10	Swinging	20.2	10	Playing catch	20.0	10

SSF National Sports-Life Survey of Young People (2011, 2013, 2015)

Table 2-12 shows the ranking of participation in sports and physical activities that were “often participated in (high frequency level)” by young people aged 10-19 years. In 2015, “Football” had the highest participation rate, followed by “Basketball”, “Playing tag”, “Badminton” and “Jogging or running”. For the level of “at least once a year”, “Volleyball” and “Table tennis” ranked fairly low, 13th and 12th places, respectively. However, these sports ranked in the top ten of sports and physical activities that were “often participated in” by young people. Therefore, sports and physical activities that are “often participated in” by young people can serve as a benchmark to distinguish their regular or occasional sporting activities.

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

5. Participation in Sports by Children and Young People with Disabilities

Figure 2-7 displays the number of days that disabled children and young people between the ages of 7 and 19 participated in sports 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, 14.0% participated three or more days per week in the past year, while 17.5% 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 31.5%, compared to 41.9% who responded that they didn’t participate at all. As for disability type, about 40% of children with visual or hearing impairment participated in sports and recreation at least one day per week, compared to about 10% of children with limb impairment [requiring wheelchair].

Participation in Sports and Recreation by Disability Type

Table 2-13 displays the top three sports and recreation activities that children and young people with disabilities participated in over the past year for each disability type. “Swimming”, “Strolling”, “Walking” and “Calisthenics and light exercise” had the highest participation rates. “Swimming” had the highest participation for almost all 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.

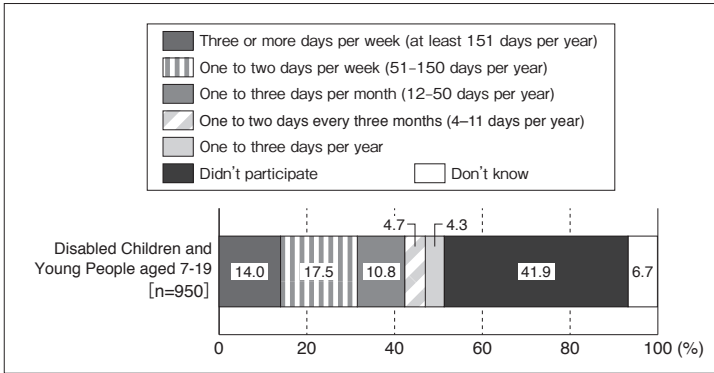
Table 2-12 Ranking of Participation in Sports and Physical Activities by Young People Aged 10-19 years (Often Participated in)

Rank	2011			2013			2015		
	Sports	%	Rank	Sports	%	Rank	Sports	%	Rank
1	Football	23.7	1	Football	28.2	1	Football	25.6	1
2	Basketball	21.2	2	Basketball	21.5	2	Basketball	23.4	2
3	Jogging/running	17.0	3	Playing tag	21.3	3	Playing tag	19.7	3
4	Swimming	16.1	4	Jogging/running	19.3	4	Badminton	18.2	4
5	Baseball	15.3	5	Dodgeball	17.1	5	Jogging/running	17.6	5
6	Badminton	13.7	5	Swimming	17.1	6	Dodgeball	17.2	6
7	Weight training	13.4	7	Badminton	16.7	7	Swimming	14.5	7
8	Playing tag	13.2	8	Weight training	15.1	8	Volleyball	14.1	8
9	Volleyball	11.2	9	Baseball	15.0	9	Weight training	14.1	9
10	Dodgeball	10.4	10	Volleyball	12.4	10	Table tennis	13.7	10

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

SSF National Sports-Life Survey of Young People (2011, 2013, 2015)

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



Project for promotion of disability sports in the communities
(Research on promoting sports participation for people with disabilities) (JSA, 2016)



Table 2-13 Sports and Recreation Participation for the past year by Disability Type (n = 552 disabled children and young people aged 7-19; multiple answers)

Limb Impairment [Requiring Wheelchair]			Limb Impairment [Not Requiring Wheelchair]			Visual Impairment			Hearing Impairment		
Rank	Sport	%	Rank	Sport	%	Rank	Sport	%	Rank	Sport	%
1	Strolling	28.6	1	Walking	25.7	1	Swimming	50.0	1	Swimming	30.0
	Water Walking			Swimming		2	Calisthenics and light exercise	40.0	2	Jogging/Running	22.5
3	Sea bathing	21.4	3	Strolling	22.9	3	Skipping rope	30.0	3	Playing catch Skipping rope	17.5

Intellectual Disability			Developmental Disability			Mental Disorder			Other (Including Speech and Internal Disabilities)		
Rank	Sport	%	Rank	Sport	%	Rank	Sport	%	Rank	Sport	%
1	Swimming	42.4	1	Swimming	44.6	1	Swimming	28.6	1	Strolling	31.8
2	Strolling	37.0	2	Strolling	29.3	2	Strolling	20.0	2	Calisthenics and light exercise	27.3
3	Jogging/Running	21.7	3	Skipping rope	21.3	3	Playing catch Baseball Skipping rope	17.1	3	Swimming	20.5

Reference: SSF National Sports-Life Survey of Children 2015			Reference: SSF National Sports-Life Survey of Young People 2015		
Rank	Sport	%	Rank	Sport	%
1	Playing tag	41.1	1	Football	31.1
2	Swimming	34.5	2	Playing tag	30.0
3	Football	34.3	3	Jogging/Running	26.4

Note 1 : Use of a wheelchair is determined by whether one is required for daily life.
 Note 2 : SSF National Sports-Life Survey of Children is a national survey of individuals between the age of 4 and 10.
 Note 3 : SSF National Sports-Life Survey of Young People is a national survey of individuals between the age of 10 and 19.
 Project for promotion of disability sports in the communities
 (Research on promoting sports participation for people with disabilities) (JSA, 2016)
 SSF National Sports-Life Survey of Children (2015)
 SSF National Sports-Life Survey of Young People (2015)

III. Sports Spectators

1. Sports Spectating at Live Sports Events

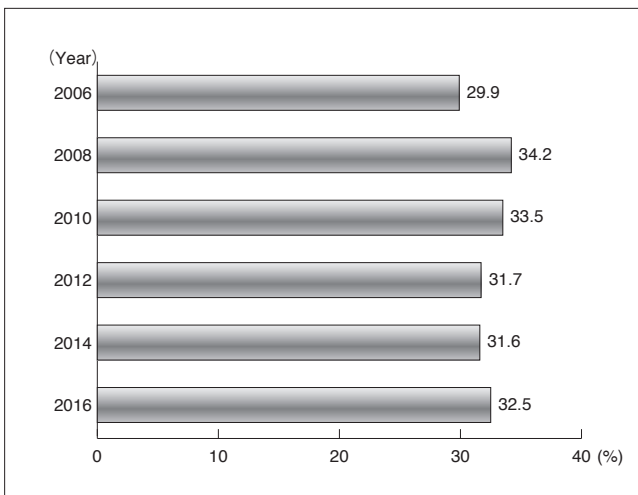
According to “The 2016 SSF National Sports-Life Survey”, 32.5% of adults had attended a sporting event at gymnasiums/arenas or stadium as a spectator in the previous year (Figure 2-8). When compared with previous surveys, the rate of sports spectating has stayed within the range of at around 30 percent in the last 10 years.

By gender, the spectating rate for men (37.4%) was 9.8 percentage points higher than the rate for women (27.6%) (Figure 2-9). By age, the highest spectating rate was found in the 40s age group (38.6%), followed by the 20s 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 sports, “Professional baseball (NPB)” had the highest spectating rate at 15.5%, followed by “High-school baseball” and “J. League football (J1 and J2) - professional football league” at both 6.4%, and “marathon and Ekiden - marathon relays” at 4.0% (Table 2-14).

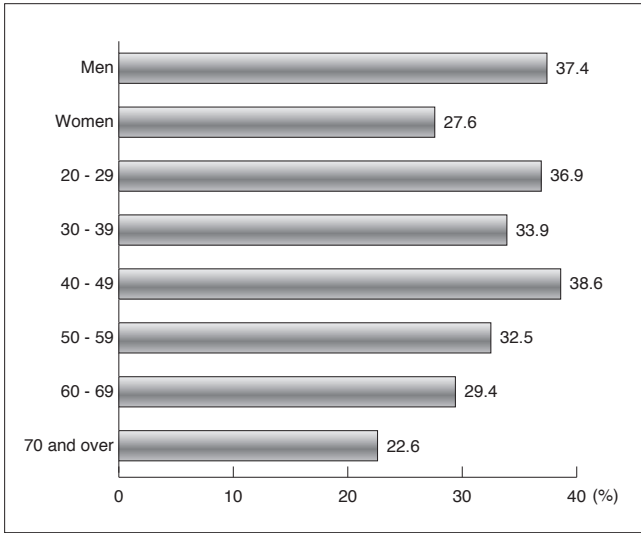
Spectator numbers for professional sports

Table 2-15 displays the yearly changes in the number of spectators attending the events of professional sports organizations affiliated with the Japan Professional Sports Association. Excluding government-controlled competitive sports, “Baseball” had the most spectators in 2015, with a total of 24,236,920. Next came “Football (J. League)” with 9,178,812 spectators.



SSF National Sports-Life Survey (2006-2016)

Figure 2-8 Rates of Adults Spectating Live Sports Events



SSF National Sports-Life Survey (2016)

Figure 2-9 Rate of Adults Attending Live Sports Events (By Gender and Age)

Table 2-14 Popular Spectator Sports (multiple answers)

2016			
Rank	Sports	Attendance rate(%)	Estimated spectators (in 10,000s)
1	Professional baseball (NPB)	15.5	1,610
2	High-school baseball	5.3	551
	J Leaguefootball (J1,J2,J3)		
4	Marathon and Ekiden	4.0	416
5	Football (High school, University, JFL, etc.)	2.2	229
6	Amateur baseball (University, company teams, etc.)	1.5	156
7	Volleyball (High school, University, V League, etc.)	1.4	145
	Professional golf		
9	Basketball (High school, University, NBL, WJBL, etc.)	1.3	135
	Rugby		

SSF National Sports-Life Survey (2016)

In addition to baseball and football, “Women’s golf tour”, and “Sumo wrestling” had more spectators than they did in 2011.

Among government-controlled competitive sports in 2015, “Boat racing” had the most spectators (8,938,331), followed by “National horse racing (6,317,073)”, “Keirin” (3,303,425), and motorcycling racing (1,657,126). National horse racing was the only sport which showed an increase in the number of spectators from 2011, in contrast to numbers for the other publicly-run competitive sports which were either holding steady or declining.

2. Sports Viewing on TV

In Table 2-16 and 2-17, the rates of sports viewing on TV, sports spectating, and sports participation in adults and young people are shown. The rate of viewing sports on TV among adults was estimated to be 88.2% (about 91.64 million people) and 85.1% among adolescents (about 10.07 million people). Regardless of gender and age, this rate was very high in both groups, but slightly higher among adults. In terms of other sports spectating and sports participation, both rates were higher among youths.

When looking at the types of sports viewing on TV by adults (Table 2-18), the most viewed sports were “Professional baseball (NPB)” at 54.2%, followed by “High school baseball”, “Figure skating” “men’s national football teams (including the Olympics)”, and “Marathon and Ekiden”. By gender, TV sports were viewed more by men than by women in most of the sports, except for “Figure skating” and “Women’s national volleyball teams”, which showed higher rates of viewing among women.

Among young people, “Professional baseball (NPB)” was also the most watched sports events at 48.4%, followed by “Men’s national football teams (including the Olympics)”, “Women’s national football teams”, “Figure skating” and “High school baseball” (Table 2-19). By gender, “Men’s national football teams (including the Olympics)” topped the list for men, but many of the sports viewed by people differed by gender.

Table 2-15 Changes in Spectator Numbers for Professional Sports

Sport	(Number of People)				
	2011	2012	2013	2014	2015
Baseball	21,570,196	21,370,226	22,047,491	22,859,351	24,236,920
Football (J. League)	7,744,837	8,754,694	8,350,228	8,764,301	9,178,812
Men's Golf - JGTO	574,535	481,769	370,209	386,394	336,427
Men's Golf - PGA Senior	47,525	50,628	63,316	69,227	97,296
Women's Golf Tour	420,600	510,261	490,510	528,899	560,480
Sumo Wrestling	308,640	515,435	622,580	703,277	776,662
Boxing	329,161	293,000	—	—	—
Formula Racing	199,846	238,105	228,180	189,680	188,890
Bowling	100,000	100,000	—	—	—
Dance	65,000	65,000	—	—	—
Kickboxing	45,000	65,000	—	—	—
Boat Racing	13,032,611	11,160,395	9,992,747	9,319,130	8,938,331
Horse Racing	6,151,105	6,190,296	6,092,403	6,142,471	6,317,073
Keirin	4,898,502	4,686,951	4,232,840	3,636,080	3,303,425
Motorcycle Racing	1,737,560	1,702,878	1,757,268	1,684,330	1,657,126

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

Note 2 : Totals for 2011–2012 are based on the Professional Sports Almanac, while those for 2013 onward are based on information made public by various organizations.

Note 3 : JGTO: Japan Golf Tour Organization, PGA: Professional Golfers' Association of Japan.

Note 4 : A horizontal line (—) indicates that the number of spectators is unknown.

Table 2-16 Rate of Sports Viewing and Sports Participation in Adults (2016)

	(%)								
	Overall	Men	Women	In the 20s	In the 30s	In the 40s	In the 50s	In the 60s	70 and over
Rate of sports viewing on TV	88.2	90.0	86.4	81.2	82.4	88.8	92.6	92.3	90.5
Rate of sports spectating	32.5	37.4	27.6	36.9	33.9	38.6	32.5	29.4	22.6
Rate of sports participation	72.1	75.6	68.8	75.6	76.2	74.9	66.2	71.5	68.1

Note : The proportion of those who watched or participated in sports at least once a year

SSF National Sports-Life Survey (2016)

Table 2-17 Rate of Sports Viewing and Sports Participation in Young People Aged 10-19 (2015)

	(%)						
	Overall	Boys	Girls	Elementary	Junior high	High	College
Rate of sports viewing on TV	85.1	87.1	83.1	87.5	86.6	85.7	85.9
Rate of sports spectating	42.4	47.4	37.3	38.6	41.9	48.5	43.1
Rate of sports participation	86.8	90.2	83.4	98.1	93.6	83.3	79.3

Note : The proportion of those who watched or participated in sports at least once a year

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

Table 2-18 Popular Sports Viewing on TV for Adults (2016)

Overall			Men			Women		
Rank	Sports	%	Rank	Sports	%	Rank	Sports	%
1	Professional baseball (NPB)	54.2	1	Professional baseball (NPB)	65.3	1	Figure skating	59.2
2	High school baseball	48.6	2	High school baseball	53.8	2	Women's national volleyball team	47.3
3	Figure skating	46.6	3	Men's national football teams (including the Olympics)	51.5	3	Marathon and Ekiden	43.9
4	Men's national football teams (including the Olympics)	45.6	4	Sumo wrestling	43.9	4	High school baseball	43.5
5	Marathon and Ekiden	43.6	5	Marathon and Ekiden	43.4	5	Professional baseball (NPB)	43.2
6	Women's national volleyball team	43.1	6	Women's national volleyball team	38.8	6	Men's national football teams (including the Olympics)	39.8
7	Sumo wrestling	38.7	7	Professional tennis	37.7	7	Men's national Volleyball team	39.6
8	Professional tennis	36.9	8	Figure skating	33.8	8	Professional tennis	36.0
9	Men's national Volleyball team	35.5	9	Women's national football team	33.7	9	Sumo wrestling	33.6
10	Women's national football team	31.2	10	Professional golf	32.3	10	Women's national football team	28.7
	None watched on TV	11.8		None watched on TV	10.0		None watched on TV	13.6

SSF National Sports-Life Survey (2016)

Table 2-19 Popular Sports Viewing on TV for Young People Aged 10-19 years (2015)

Rank	Overall			Men			Women		
	Sports	%	Rank	Sports	%	Rank	Sports	%	Rank
1	Professional baseball (NPB)	48.4	1	Men's national football teams (including the Olympics)	56.8	1	Figure skating	52.2	
2	Men's national football teams (including the Olympics)	47.9	2	Professional baseball (NPB)	56.7	2	Women's national football teams	43.9	
3	Women's national football teams	45.6	3	Women's national football teams	47.2	3	Professional baseball (NPB)	40.0	
4	Figure skating	40.7	4	High school baseball	44.3	4	Men's national football teams (including the Olympics)	38.8	
5	High school baseball	38.8	5	Professional tennis	37.1	5	High school baseball	33.2	
6	Professional tennis	33.9	6	J League football (J1,J2,J3)	31.6	6	Professional tennis	30.6	
7	Marathon and Ekiden	27.2	7	Figure skating	29.4	7	National volleyball teams	27.6	
8	National volleyball teams	22.7	8	Marathon and Ekiden	26.8	8	Marathon and Ekiden	27.6	
9	J League football (J1,J2,J3)	21.6	9	Professional football (Europe, South america, etc.)	25.4	9	J League football (J1,J2,J3)	11.5	
10	Professional football (Europe, South america, etc.)	17.7	10	Major league baseball	21.2	10	Professional football (Europe, South america, etc.)	9.8	
	None watched on TV	14.9		None watched on TV	12.9		None watched on TV	16.9	

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

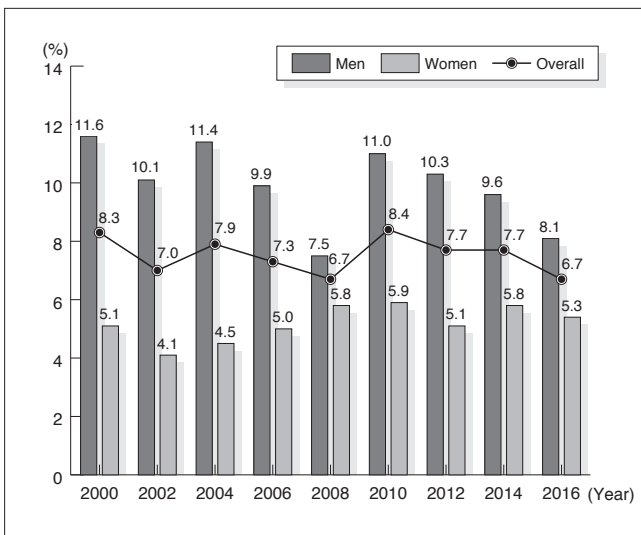
IV. Volunteering in Sports

1. Rates and Types of Volunteering in Sports among Adults

According to the “SSF National Sports-Life Survey”, the rate of volunteering in sports among adults in Japan hovered at around 6-8% for the sixteen years from 2000 to 2016, which represents less than 10% of the total adult population (Figure 2-10). Based on the rate of 6.7% recorded in 2016, the total number of sports volunteers can be estimated at about 6.9 million people.

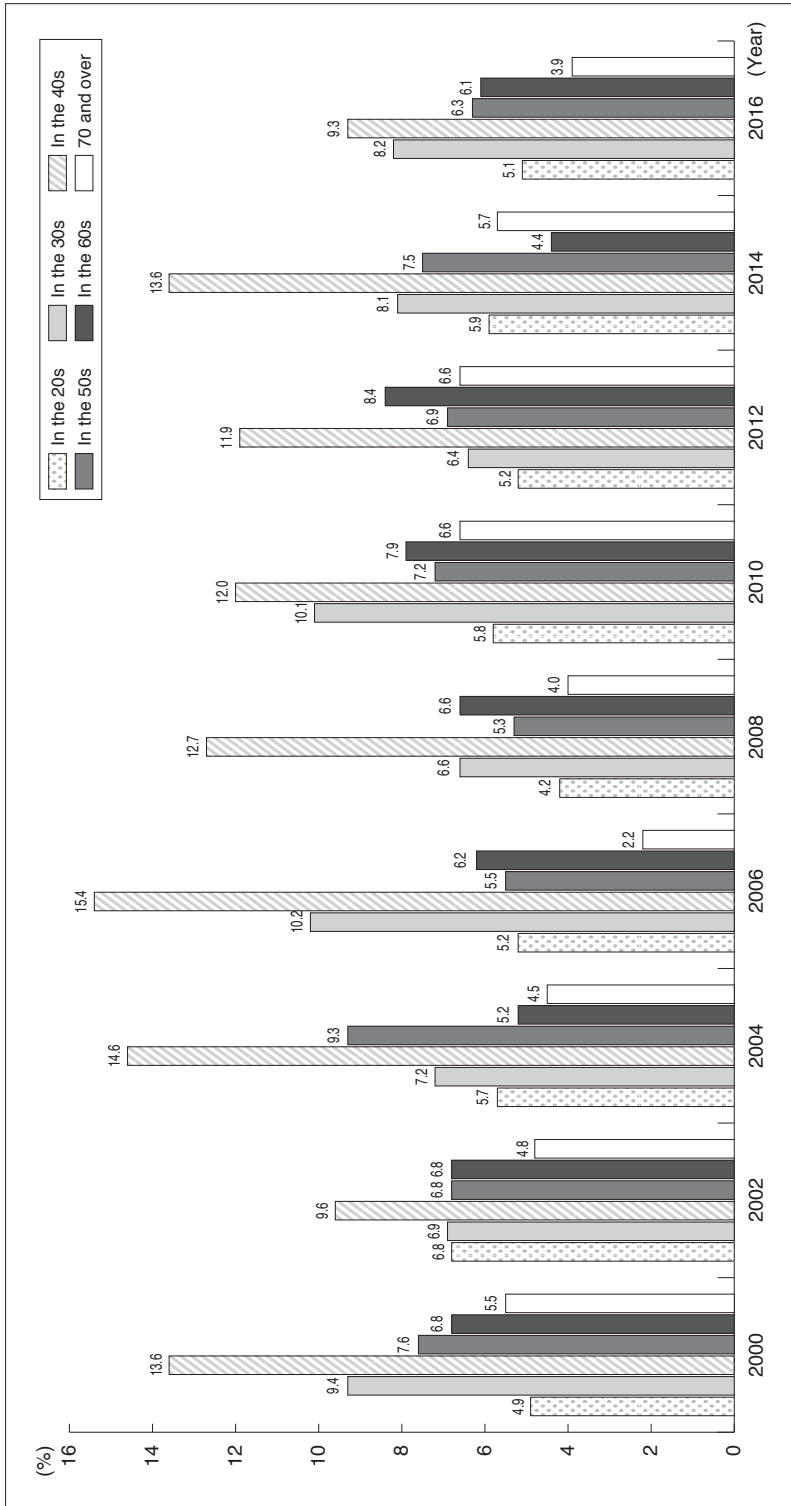
When the results were looked at by gender, the rate of volunteering in sports for men was twice as high as that of women in most of the surveys, indicating that the majority of volunteering is done by men. By age, the 40s age group had the highest rate (Figure 2-11).

The results of the 2016 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 50.8%, followed by the same activity in “Day-to-day activities” at 36.4%, “Coaching” at 39.6%, and “Refereeing” at 22.1% (Table 2-20). 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 (44.3 times), followed by “Running or helping sports clubs” (28.7 times) and “Helping to manage sports facilities” (13.1 times).



SSF National Sports-Life Survey (2000-2016)

Figure 2-10 Rates of Volunteering in Sports among Adults (By Gender)



SSF National Sports-Life Survey (2000-2016)

Figure 2-11 Rates of Volunteering in Sports among Adults (By Age Group)

Table 2-20 Types of Volunteering in Sports (multiple answers)

Types of sports volunteer		Participation rate (%)	Frequency (times per year)
Day-to-day activities	Coaching	28.7	44.3
	Refereeing	22.1	11.1
	Running or helping sports clubs	36.4	28.7
	Helping to manage sports facilities	9.2	13.1
Local sports events	Refereeing	15.9	7.5
	Running or helping sports events	50.8	2.8
	Refereeing	2.1	1.7
National and international events	Running or helping sports events	6.7	3.2

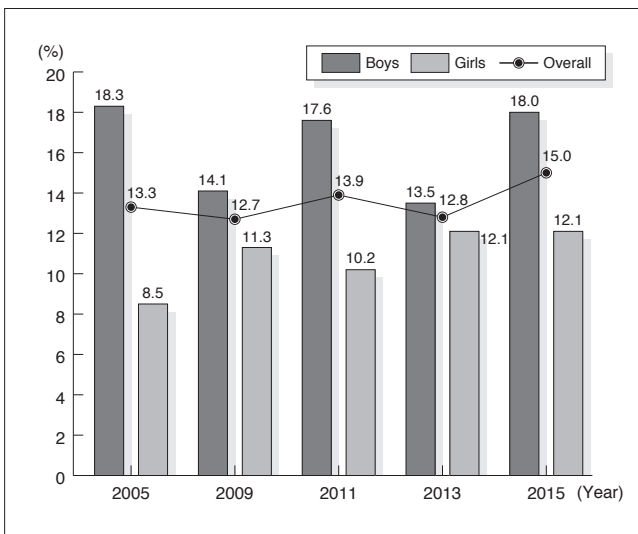
SSF National Sports-Life Survey (2016)

2. Rates and Types of Volunteering in Sports among Young People Aged 10-19 Years

The rates of volunteering in sports among young people aged 10-19 years can be assessed based on “The 2015 SSF National Sports-Life Survey of Young People”. As shown in Figure 2-12, the rate of young people who responded that they had done any kind of volunteer work in sports within the previous year hovered consistently at around 12-15% for the ten years from 2005 to 2015, which is 6-7 percentage points higher than that of adults.

By gender, the rate of volunteering in boys (18.0%) was 5.9 percentage points higher than that of girls (12.1%), which suggests a similar trend to that observed in adults. By school year, volunteering in sports was done the most during junior high school years (19.5%), followed by high school (18.5%) and college (11.0%).

Looking at the types of volunteer work, “Judging or helping judges” was ranked the highest at 49.4%, followed by “Helping out at sports events” at 41.6%, and “Coaching or helping coaches” at 33.9% (Table 2-21). By gender, while “Judging or helping judges” was the highest for boys (58.1%), “Helping out at sports events” was the highest for girls (46.1%).



SSF National Sports-Life Survey of Young People (2005-2015)

Figure 2-12 Rates of Volunteering in Sports among Young People Aged 10-19 years (By Gender)

Table 2-21 Types of Volunteering in Sports by Young People Aged 10-19 years (multiple answers)

Types of sports volunteer	Overall						College
	Boys	Girls	Elementary	Junior high	High		
Coaching or helping coaches	31.0	38.2	36.4	28.0	36.7	36.0	36.0
Judging or helping judges	58.1	36.3	36.4	59.0	50.0	28.0	28.0
Helping out at sports events	38.7	46.1	59.1	35.0	39.8	56.0	56.0

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

(%)