

***The turning points at which children
aged four to nineteen years in Japan
distance themselves from sports***

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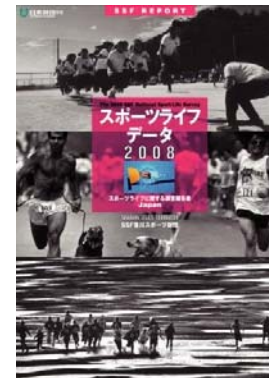
What is the **Sasakawa Sports Foundation (SSF)**?

The Sasakawa Sports Foundation (SSF) was established in March 1991 with the support of the Nippon Foundation as **the organization for the advancement of “Sport for All”**.

To promote the enjoyment of sports by **“anyone, anytime, anywhere,”** SSF not only provides financial assistance to sports organizations, but is also involved in a variety of activities including research into the promotion of sports, international exchange, and proposing sports-related policies.

Introduction of Activities and Projects

1. **Survey** into sports and physical activities
2. Publication of **white papers on sport**
3. SSF Sports Aid (**Grant program** to promote lifelong involvement in sport)
4. Popularization of **Challenge Day**
5. Cooperation with **international** sports organizations



In Japan the **physical strength** of children is falling.

Comparison of the physical strength of children **aged eleven**
(elementary school year 5)

Grasping power

	Boys	Girls
1985	18.35kg	16.93kg
2009	16.96kg	16.34kg

50m running

	Boys	Girls
1985	9.05 sec.	9.34 sec.
2009	9.37 sec.	9.64.sec.

Throwing a ball

	Boys	Girls
1985	29.94m	17.60m
2009	25.41m	14.61m

(Ministry of Education, Culture, Sports, Science and Technology, 2009)

Comparison of the physical strength of children **aged fourteen**
(junior high school year 2)

Grasping power

	Boys	Girls
1985	31.61kg	25.56kg
2009	29.82kg	23.96kg

50m running

	Boys	Girls
1985	7.90 sec.	8.57 sec.
2009	8.05 sec.	8.90 sec.

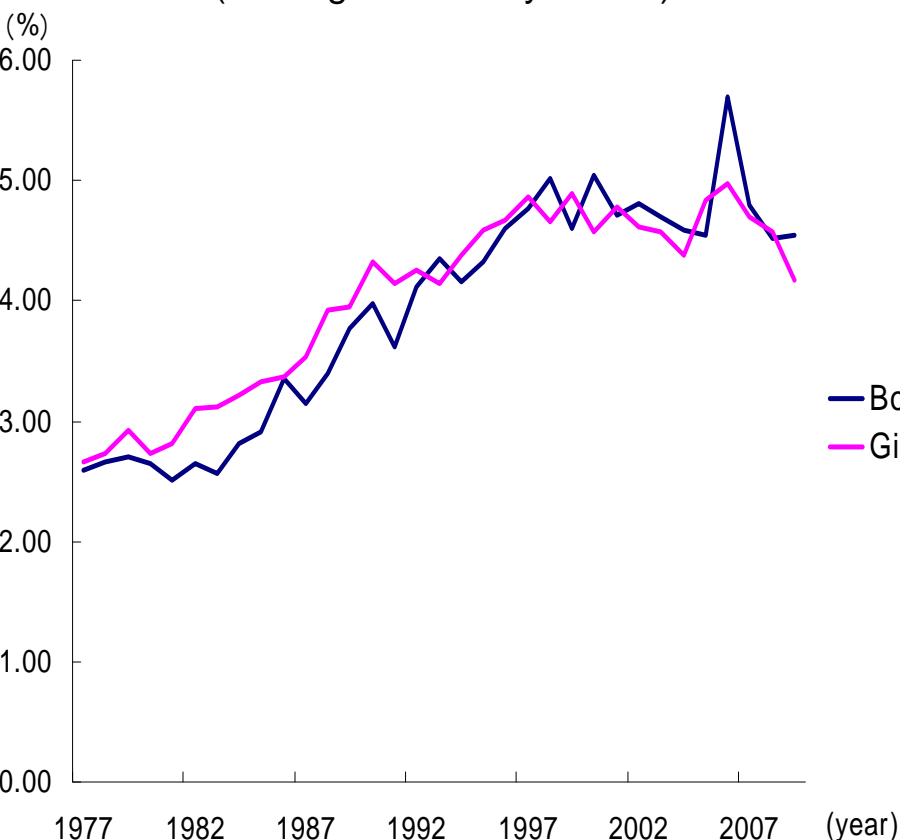
Throwing a ball

	Boys	Girls
1985	22.10m	15.36m
2009	21.25m	13.37m

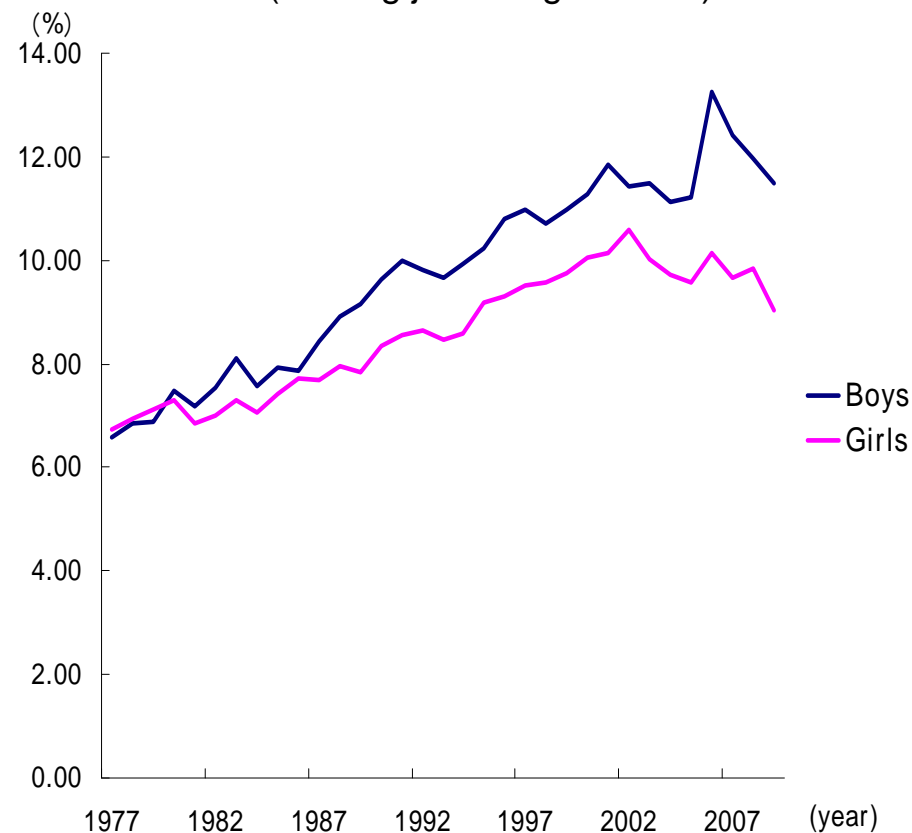
(Ministry of Education, Culture, Sports, Science and Technology, 2009)

In Japan, the number of **obese children** is increasing.

Proportion of obese children among children aged six (starting elementary school)



Proportion of obese children among children aged twelve (starting junior high school)



(Ministry of Education, Culture, Sports, Science and Technology, 2009)

Obese children = children whose weight is 120% or more than the average weight, which is obtained according to gender, age and height. (1977 - 2005)
 = (measured weight - standard weight by height) / standard weight by height × 100 (%) ≥ 20 (%) (2006 -)

Surveys were conducted to gain an understanding of the present state of sports and physical activities of children

Surveys into sports and physical activities of children aged ten to nineteen in 2001 and 2005.



There is a tendency towards bipolarization in participation in sports and physical activities by children aged ten to nineteen.

	Frequency level (10-19) (%)	
	0	+7
2001	12.5	21.8
2005	11.7	28.5

(SSF, 2005)

Definition of frequency level

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

(SSF, 2001)

The percentage of children who did sport or physical activity **seven times or more a week increased**, while the percentage of children who had **not done any sport or physical activity did not change**.

Purposes of the survey

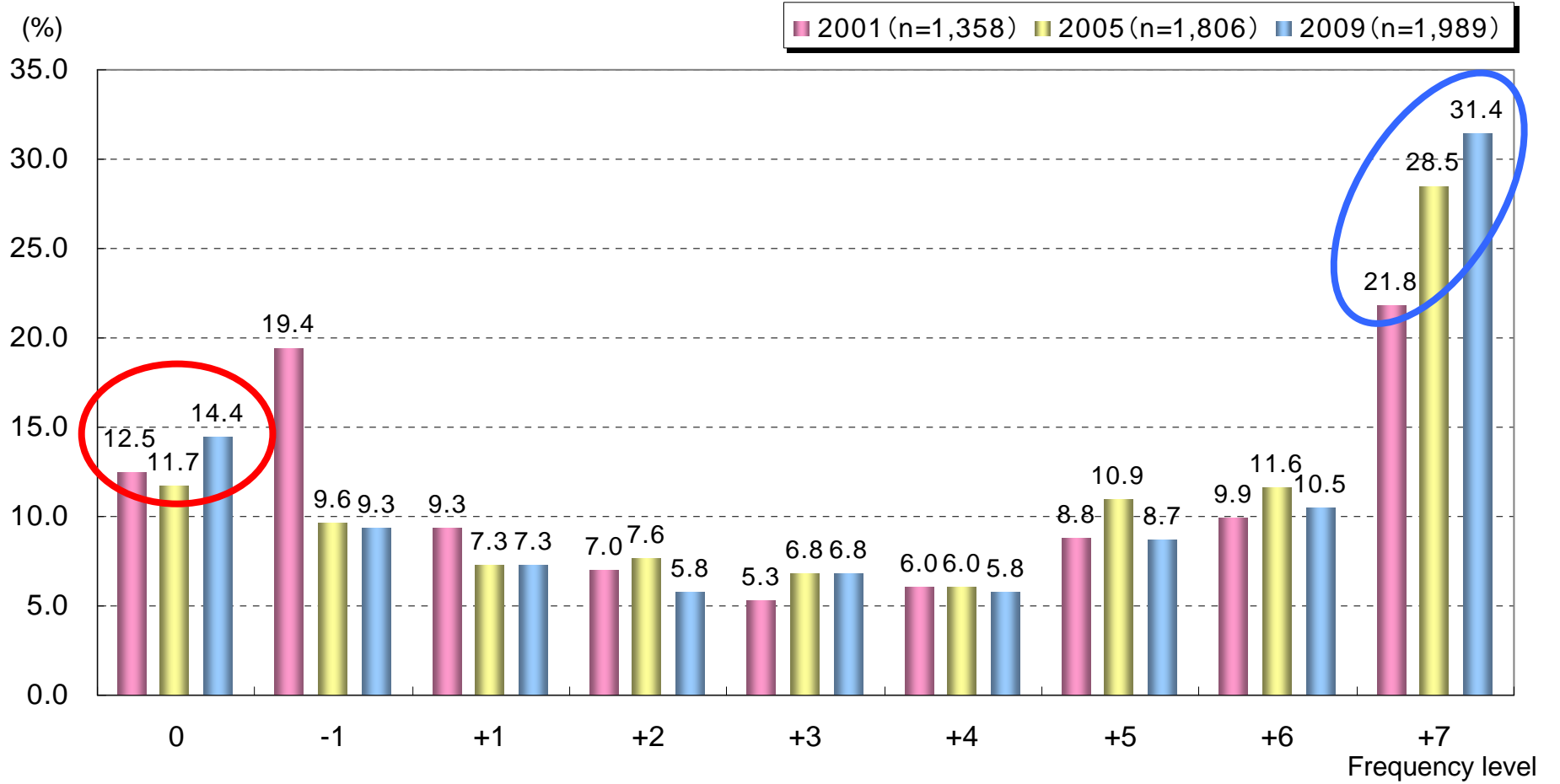
The purposes of the survey are to gain a comprehensive understanding of the state of participation in sports and physical activities by children and teenagers (aged four to nineteen years) in Japan, and to obtain basic data to promote “Sports for Everyone”.

There is a tendency towards bipolarization in participation in sports and physical activities among children aged ten to nineteen. Another purpose is to determine at which age the bipolarization starts.

People surveyed

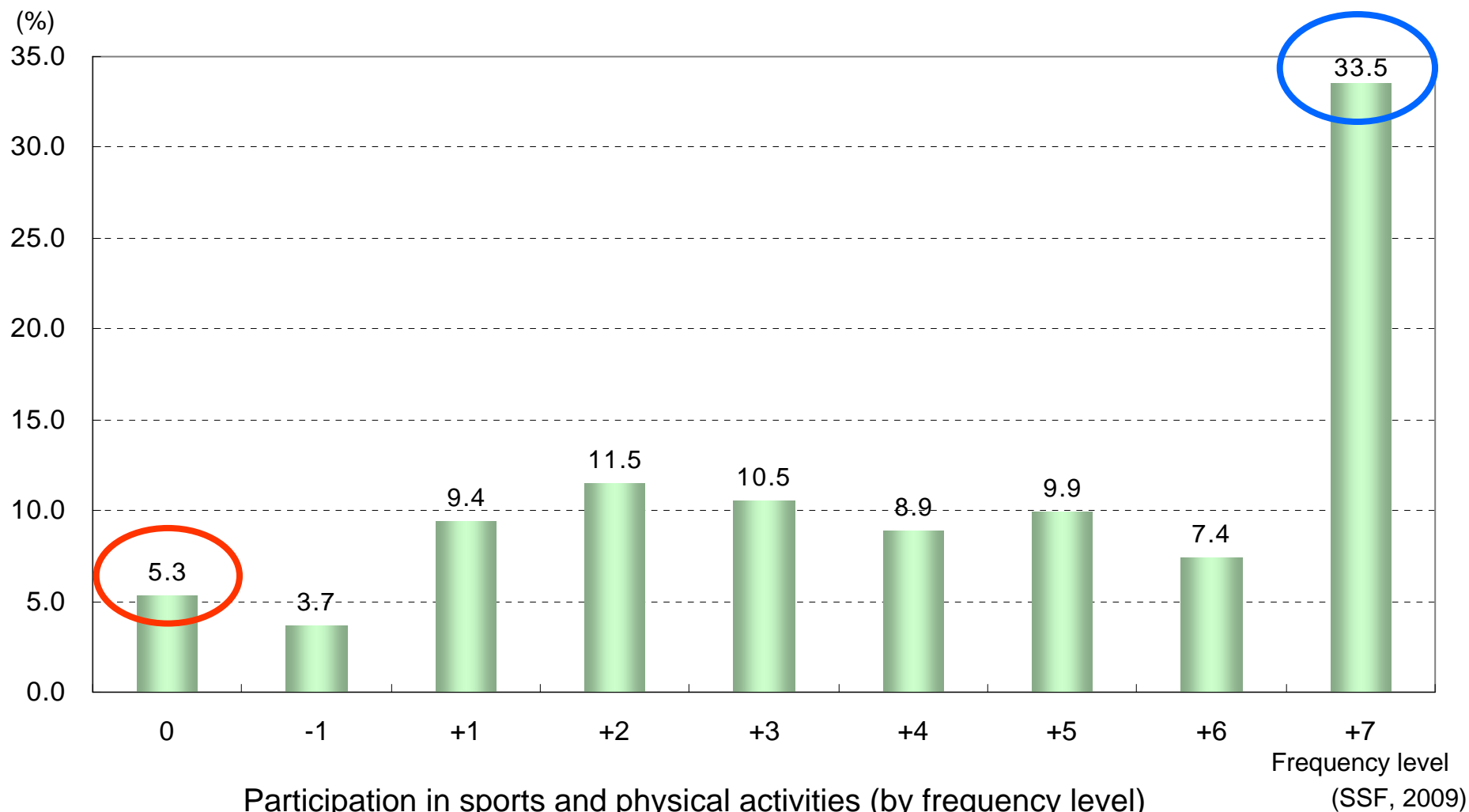
Population	Children aged four to nine residing nationwide	Children aged ten to nineteen residing nationwide
No. of subjects	1,650	3,000
Survey period	June 20 - July 7, 2009	
Survey method	Household drop-off survey method (with face-to-face interviews*)	Household drop-off survey method
Responses	1,196 (72.5%)	1,989 (66.3%)

*Face-to-face interviews: surveyors questioned the subjects and their guardians.



Participation in sports and physical activities (by frequency level)

(SSF, 2009)



Participation in sports and physical activities (by frequency level)
(n=1,196)

Frequency level
(SSF, 2009)

Groups by frequency of participation in sports and physical activities

Groups by performance frequency	Standard
Inactive group	Not performed (0times / year)
Low-frequency group	At least once a year, less than 3 times a week (1 - 155 times / year)
Moderate-frequency group	At least 3 times a week, less than 7 times a week (156 - 363 times / year)
High-frequency group	At least 7 times a week (364 times or more / year)

(SSF, 2009)

Groups by frequency of participation in sports and physical activities by gender and age

Boys	4	5	6	7	8	≈	12	≈	16	≈	19
	(n=65)	(n=93)	(n=97)	(n=100)	(n=100)		(n=95)		(n=108)		(n=102)
Inactive group	16.9	4.3	4.1	1.0	1.0		5.3		13.9		18.6
Low-frequency group	23.1	20.4	29.9	20.0	25.0	≈	9.5	≈	13.9	≈	46.1
Moderate-frequency group	23.1	43.0	34.0	47.0	40.0		36.8		28.7		21.6
High-frequency group	36.9	32.3	32.0	32.0	34.0		48.4		43.5		13.7
Girls	4	5	6	7	8	≈	12	≈	16	≈	19
	(n=70)	(n=76)	(n=68)	(n=91)	(n=107)		(n=110)		(n=105)		(n=108)
Inactive group	11.4	6.6	4.4	7.7	6.5		11.8		33.3		24.1
Low-frequency group	28.6	21.1	26.5	28.6	28.0	≈	21.8	≈	25.7	≈	40.7
Moderate-frequency group	21.4	28.9	33.8	30.8	37.4		27.3		21.9		22.2
High-frequency group	38.6	43.4	35.3	33.0	28.0		39.1		19.0		13.0

(SSF, 2009) 9


Sports and physical activities participated by children aged four to sixteen

Boys

	4 years old	6 years old	8 years old	9 years old	12 years old	16 years old
1	Playing tag	Football	Football	Football	Football	Football
2	Running	Running	Swimming	Baseball	Baseball	Basketball
3	Football	Playing tag	Dodgeball	Swimming	Dodgeball	Muscle building
4	Hide-and-seek	Swimming	Baseball	Dodgeball	Basketball	Jogging / Running
5	Swimming	Baseball	Playing tag	Playing tag	Playing catch	Table tennis
6	Baseball	Dodgeball	Playing catch	Playing catch	Swimming	Baseball
7	Playing catch	Skipping rope	Skipping rope	Basketball	Athletics	Athletics
8	Skipping rope	Hide-and-seek	Karate	Karate	Softball	Playing catch
9	Kick scooter	Playing catch	Running	Skipping rope	Jogging / Running	Badminton
10	Bowling	Karate	Hide-and-seek	Running	Badminton	Tennis
			Softball			
			Basketball			

Girls

	4 years old	6 years old	8 years old	9 years old	12 years old	16 years old
1	Playing tag	Skipping rope	Swimming	Dodgeball	Badminton	Volleyball
2	Hide-and-seek	Playing tag	Skipping rope	Swimming	Basketball	Basketball
3	Running	Swimming	Playing tag	Playing tag	Skipping rope	Jogging / Running
4	Skipping rope	Running	Unicycle	Skipping rope	Swimming	Badminton
5	Swimming	Hide-and-seek	Dodgeball	Unicycle	Volleyball	Walking
6	Calisthenics and light exercises	Dodgeball	Hide-and-seek	Badminton	Dodgeball	Muscle building
7	Iron bar	Iron bar	Running	Basketball	Playing catch	Soft tennis
8	Walking	Unicycle	football	Hide-and-seek	Muscle building	Skipping rope
9	Kick scooter	Ballet	Badminton	Ballet	Skiing	Bowling
10	Swings	Cycling	Iron bar	Volleyball	Table tennis	Swimming
	football		Cycling		Athletics	

(SSF, 2009) 

The **physical strength** of children has **weakened** in Japan

5.3% of children (aged 4-9) **had not done**
any sport or physical activity in the last year

33.5% of children (aged 4-9) did sport or physical activity
seven times or more a week

14.4% of respondents (aged 10-19) **had not done**
any sport or physical activity (2001=12.5% 2005=11.7%)

31.4% of respondents (aged 10-19) did sport or physical activity
seven times or more a week (2001=21.8% 2005=28.5%)

The survey shows **growing bipolarization**
between the inactive group and the high-frequency group

The turning points of this bipolarization is at the **age of eight**, starting **junior high school** (aged twelve) and starting **high school** (aged sixteen), and from which ages the bipolarization **accelerates**

The This bipolarization is more significant among **girls than boys**

The reasons that **girls stop** doing sport or physical activity is the **lack of an environment**

Thank you !

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