

List of Sports Policy International Comparison (2025)

		Japan	UK	United States of America	Canada	Australia	Portugal				
1) Sports Participation	Sports Participation Rate	1) Over 20 years old Once a week at least: 52.3% [Male] 54.4% [Female] 50.2% (Japan Sports Agency, 2023) 2) People with disabilities (over 20 years old) Once a week at least: 30.9% Three times a week at least: 16.9% (Japan Sports Agency, 2023)	1) Over 16 years old Active (at least 150 minutes a week) :61.4% [Male] 63.1% [Female] 59.8% Fairly Active (30-149 minutes a week): 11.5% [Male] 10.6% [Female] 12.3% Inactive (1-29 minutes a week): 27.2% [Male] 26.3% [Female] 27.8% 2) People with disabilities or long term health condition (Over 16 years old) Active (at least 150 minutes a week) : 45.2% Fairly Active (30-149 minutes a week) : 12.4% Inactive (1-29 minutes a week) : 42.4% (Active Lives Online Tool, 2020/11-2021/11)	1) Over 18 years old - 24.2% met the guidelines for both aerobic and muscle-strengthening activities - 22.7% met only the guidelines for aerobic activity - 6.8% met only the guidelines for muscle-strengthening activity - 46.3% did not meet the guidelines for either type of activity (National Health Interview Survey, 2020) Note: Key Guidelines for Adults (Physical Activity Guidelines for Americans 2nd edition) 1) At least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. 2) Do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week	18 years and older 27% (Male: 36%, Women: 19%) <Participation Rate> 18%: Several times per month or less 23%: Once a week 39%: 2 to 3 times per week 19%: at least 4 times per week (Canadian Fitness and Lifestyle Research Institute, 2022)	1) Undertook 150 minutes or more of physical activity in a week 18-24: 80.6% 25-34: 73.3% 35-44: 71.8% 45-54: 71% 55-64: 72.4% (Australian Bureau of Statistics, 2020-2021) 2) Overall Participation : 13,500,000 people, 62.6% (Male: 60.3%, Female: 64.9%) (over 15 years old and at least 3 times per week participation) ・1+ /year : 88.9% ・1+ /week : 80.5% ・3+ /week : 62.6% ・5+ /week : 42.2% ・7+ /week : 26.4% ・Over 18 years old with Disabilities, at least 3 times per week participation: 1,870,000 52.6% (Male: 51.2%, Female: 53.9%) (AusPlay, 2021-2022)	18 years and older 50.4% (physical exercise in the last 12 months) 45.2% (sport activity in the last 12 months) <Participation Rate> 20.2%: 5 or more times a week 51.7%: 1 to 4 times a week 27.7%: 3 times a month or less 0.5%: at least 4 times per week (Adult Education Survey, Statistics Portugal, 2023)				
	Club Participation	16.6% [Male] 16.9% [Female] 16.2% (SSF National Sports-Life Survey, 2022)	34.1%: Participated club activity at least twice in the last 28 days: (Active Lives Online Tool, 2020/11-2021/11)	64.2 million *Total U.S. Health Club Membership (including YMCA, JCC, etc) (IHRSA, 2019)	N/A	{2021-2022} Over 19,000,000 people (Participation through an organisation or venue)	773,845 people 5,594 people with disabilities *the number of people registered in each National Sport Federation. (Portuguese Institute of Sport and Youth, IP, 2023)				
	Number of Sports Clubs	[Comprehensive Community Sports Clubs] 3,584 (Japan Sports Agency, 2023) [Junior Sport Clubs] 28,056 (Japan Sport Association, 2022)	74,233 *Clubs affiliated to English or English-based National Governing Bodies. (Sport England / Sheffield Hallam Univesity, 2017)	31,028 *Total Number of U.S. Health Clubs (IHRSA, 2022)	N/A	N/A	11,361 (Portuguese Institute of Sport and Youth, IP, 2023)				
2) Governmental Authority	Sports	Japan Sports Agency	Department for Culture, Media & Sport Other home countries Scottish Government, Minister for Public Health, Women's Health and Sport Welsh Government, Deputy Minister for Arts and Sport, and Chief Whip Northern Ireland Executive, Deparment for Communities	Department of Health and Human Services	Sport Canada, Department of Canadian Heritage	Department of Health and Aged Care	Secretary of State for Sport, under the Minister of Parliamentary Affairs				
	Para-Sports		Department for Culture, Media & Sport Cabinet Office, The Disability Unit								
	School Education (physical education class)	Ministry of Education, Culture, Sports, Science and Technology Japan Sports Agency	Department for Education	Department of Education	Provincial and Territorial governments	Department of Education	Secretary of State for Sport, under the Minister of Parliamentary Affairs Deputy Secretary of State and for Education, under the Minister of Education, Science, and Innovation				
	Health Promotion	Ministry of Health, Labour and Welfare Japan Sports Agency	Department of Health and Social Care	Department of Health and Human Services	Health Canada	Department of Health and Aged Care	Secretary of State for Health, under the Minister of Health Directorate-General for Health				
3) Acts on Sports	Name of Acts	Basic Act on Sport (2011) Sports Promotion Lottery Law (1998) Act on the Japan Sport Council (2002) Act on the Promotion of Anti-Doping Activities in Sport (2018)	Safety of Sports Grounds Act (1975) Sporting Events (Control of Alcohol etc.) Act (1992) London Olympic Games and Paralympic Games Act (2011) Sports Grounds Safety Authority Act (2011)	Title IX, 20 U.S.C Education Chapter 38 (1972) Professional and Amateur Sports Protection Act (1992) Ted Stevens Olympic and Amateur Sports Act (1998) Physical Education for Progress Act (2000) Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act (2017) Rodchenkov Anti-Doping Act (2020) Empowering Olympic, Paralympic, and Amateur Athletes Act (2020) Equal Pay for Team USA Act (2022)	National Sports of Canada Act (1994) Physical Activity and Sport Act (2003)	Olympic Insignia Protection Act (1987) Australian Sports Commission Act (1989) Australian Sports Anti-Doping Authority Act (2006) Sport Integrity Australia Act (2020) National Sports Tribunal Act (2019)	Constitution of the Portuguese Republic (1976) Article 64: Health Article 79: Physical Education and Sport Basic Law on Physical Activity and Sport (2007)				
4) Sports Basic Plan	Name	Third Sport Basic Plan	Get Active: a strategy for the future of sport and physical activity	Healthy People 2030	The National Youth Sports Strategy	Active People, Healthy Nation	Canadian Sport Policy 2012	Canadian Sport Policy Renewal (2023-2033)	Sport 2030	Sports Diplomacy 2030	N/A
	Publisher	Japan Sports Agency	Department for Culture, Media & Sport	Department of Health and Human Services	Department of Health and Human Services	Centers for Disease Control and Prevention	Department of Canadian Heritage	Department of Canadian Heritage	Australian Sports Commission	Department of Foreign Affairs and Trade	N/A
	Date of Publication	March 2022	August 2023	August 2020	2019	2018	June 2012	Will be published in 2023	August 2018	February 2019	N/A
	Duration	April 2022 to March 2027 (5 years)	2023 to 2030	2020 to 2030	N/A	2018 to 2027	2012 - 2022 (10 years)	2023 - 2033 (10 years)	2018 - 2030	2019 - 2030	N/A
5) National Sporting Budget	Amount	35,900,150,000 JPY	283,311,000 GBP (2022-23)	N/A			327,068,407 CAD (2022-2023)		728,143,000 AUD (2022-2023)		115,530,000 EURO (2025) *this amount only for the central government for Sport
	Proportion in National Budget	0.03%	0.02%	N/A			0.07%		0.11%		0.09%
6) Sports Promotion Budget (lottery, donation, etc)	Distributor	Japan Sport Council	Sport England, UK Sport	United States Olympic & Paralympic Committee (USOPC)			Provincial & Territorial governments and lotteries		Australian Sports Foundation (ASF)		1) Santa Casa da Misericórdia de Lisboa 2) Tourism of Portugal, IP
	Origin of Fund	Sports Promotion Lottery	National Lottery	Sponsorship, Contributions, etc.			Provincial & Territorial governments budget, or proceeds of lotteries		Donation		1) Proceeds of lottery 2) Tax on online sports betting
	Distribution to Sports	17,179,000,000 JPY (2022)	361,551,000 GBP (2021)	269,209,000 USD (2021)			N/A		77,039,457 AUD (2021)		1) 16,500,000 EURO (2023) 2) 50,400,000 EURO (2023)
7) Major Sports Institutions	Institutions and Budget	Japan Sport Council (JSC): 180,114,000,000 JPY (2021)	UK Sport: 152,900,000 GBP (2020)	United States Olympic & Paralympic Committee: 479,416,000 USD (2021)			Canadian Olympic Committee: 61,907,000 CAD (2021)		Australian Olympic Committee: 46,567,000 AUD (2021)		Portuguese Institute of Sport and Youth, IP: 111,000,000 EURO (2025)
		Japanese Olympic Committee (JOC): 13,791,000,000 JPY (2021)	Sport England: 452,471,000 GBP (2021)				Canadian Paralympic Committee: 25,747,536 CAD (2022)		Paralympics Australia: 26,156,277 AUD (2022)		National Olympic Committee of Portugal: 7,400,000 EURO (2025)
		Japanese Paralympic Committee (JPC): 3,459,000,000 JPY (2021)	Sport Scotland: 41,381,000 GBP (2021)				Own The Podium: 6,791,162 CAD (2022)		Australian Sports Commission: 358,696,000 AUD (2022)		National Paralympic Committee of Portugal: 8,800,000 EURO (2025)
		Japan Sport Association (JSPO): 3,145,000,000 JPY (2021)	Sport Wales: 58,546,000 GBP (2021)								Sport Confederation of Portugal: 1,100,000 EURO (2025)
	National Recreation Association of Japan: 434,000,000 JPY (2021)	Sport Northern Ireland: 27,584,682 GBP (2021)									
8) Sports Facilities	Number of Public Sports Facilities	45,680 facilities (Ministry of Education, Culture, Sports, Science and Technology, 2022)	More than 150,000 facilities (Active Places)	N/A			Approximately 182,000 recreational and sport facilities (Statics Canada, 2021)		N/A		7,567 facilities *voluntary registered by each facilities (National Sport Information System, 2025)
9) Sports Instructor Certification Program	Coaching Authority	Japan Sport Association	UK Coaching	Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)	National Governing Bodies, National Collegiate Athletic Association, etc.		Coaching Association of Canada		Each National Sporting Organisations (NSOs)		Portuguese Institute of Sport and Youth, IP
	Certification Program	Sports Instructor Qualification Scheme	UK Coaching Certificate	CIMSPA Endorsed Qualificaitoon	Appropriate certification vary depending on the facilities or institutions. e.g. USA Volleyball Member Coach (USA Volleyball), Gold Coach License (USA Basketball), NCAA Coaches Certification (NCAA)		National Coaching Certification Program		N/A		Legally certified by Portuguese Institute of Sport and Youth, IP
	Number of Coaches / Certification Holders	219,625 (except Sports Basic Leader) 648,537 (incl. Sports Basic Leader) as of October 2022	More than 173,000 (Registered to UK Coaching, 2021)	N/A	N/A		Instruction Coaches: 13,106 Competition Coaches: 11,908 Community Sport Coaches: 18,969 Total 43,983 Coaches Trained (Male: 64.1%, Female: 35.8%, Other: 0.1%, 2019-2020)		N/A		Sports Coaches: 42,903 Fitness Instructors: 21,070 Technical Directors: 6,542 (Portuguese Institute of Sport and Youth, IP, 2025)