

EXECUTIVE SUMMARY

The results of the survey are summarised as below:

1. Sports Participation

- About 58 per cent of respondents participated in at least one sports activity in the past three months before the interview.
- Men's sports participation rate was slightly higher than that of their counterparts.
- Young people and those with higher educational level were more active in sports participation.
- Professionals & semi-professionals and students were the active players.

2. Sports Activities

- The top ten sports and physical recreation that the respondents played in the past four weeks were listed in a descending order: swimming (22.8%), jogging (8.4%), badminton (7.7%), basketball (6.6%), walking (4.7%), soccer (4.6%), exercise (4.3%), cycling (3.1%), hiking (2.9%) and Chinese martial arts/wushu (2.6%).
- Both male and female respondents tended to be active in swimming in the past four weeks.

3. Patterns of Participation

- When asked how often and how long the respondents participated in sports, about 34 per cent of the responses were 1-2 times per week and about 49 per cent of the responses were more than one hour for each session.
- Old people participated more frequently but shorter than the young generation.
- Physical recreation, like walking and Chinese martial arts/wushu, that were less rigorous and required no specific equipment and facilities, had greater frequency.
- Duration of most sports activities usually lasted for more than one hour per session except for jogging, walking, exercise, Chinese martial arts/wushu, table tennis, gymnastics, squash, athletics, handball and aerobic dance.
- Most people played sports with their friends.
- Most of respondents used to play sports in the facilities managed by the Leisure & Cultural Services Department.

4. Non-Participation and Future Intention

- Among those non-participants, about 49 per cent of them said that they would consider doing some sports in future.
- Sports in that respondents would consider participating were listed in a descending order: swimming, badminton, jogging, basketball and soccer.
- Young people and respondents with higher educational level were more inclined to participate in sports in future.
- Most of the respondents reckoned that sports would be good to health but about 43 per cent of them had no sports participation at all in the past quarter. Of these non-participants, about 49 per cent of them said that they would not consider participating in any sports in future even though they realised the benefits of it.

5. Self Assessment of Health and Physical Fitness

- Majority of respondents considered their physical fitness and health condition as “average” to “excellent” condition.
- Respondents with sport participation were relatively more inclined to consider that they had better physical fitness than non-participants. This was also true when sports participants evaluated their health condition.
- Both men and women were confident of their health condition but male respondents appeared to be more confident of their physical fitness than their counterparts.

6. Spending on Sports

- About 46 per cent of respondents spent money on sport-related activities and goods in the past 12 months.
- Respondents with higher educational and personal income level and those in younger age were more willing to spend money on sports.
- Respondents usually spent money on sports clothing and equipment.
- Most of them spent less than \$100 per month on sports related items.

7. Sports Injuries of Hong Kong People

- About 12 per cent of respondents had been injured because of playing sports in the past year.
- Of those who had been injured because of playing sports in the past year, more than one-third of them had just been injured once; over half of them had been injured recently; one-fourth of them were playing soccer when they were injured; about 37 per cent of them did not do any warm-up before playing the sport; majority of them played on cement surface when they were injured; their injuries were mainly abrasion, muscle sprain and sprain on ankle, knee and leg; most of them were not using any forms of athletic protection; only a small number of them needed hospitalisation (1-7 days); most of them treated their injuries by themselves; two-fifths of them could resume playing sports within one week after injuries; most of their injuries had been recovered.

INTRODUCTION

It is of the view that Hong Kong lacks a systematic research revealing the up-to-date sports participation pattern of its citizens. The existing available data date back to 1993 from the survey conducted by Dr. Atara Sivan.

In this regard, the Hong Kong Sports Development Board has initiated a sports participation survey since 1996. The research findings shall provide useful baseline data to sports administrators over-viewing the local sporting phenomenon as well as setting a benchmark for sponsors and marketers in assessing the possible returns from their investment in sports.

OBJECTIVES

The main objectives of the survey are as follows:

- To measure the general participation in sports and physical recreation across the territory
- To investigate the patterns of participation in terms of sports participated, frequency, duration, companion, etc.
- To investigate the motive and incentive for sports participation of Hong Kong people.
- To identify the reasons of non-participation in and/or withdrawal from sports and physical recreation
- To investigate the pattern of spending on sports

Apart from the main body of the questionnaire designed in accordance with the above objectives, other issues on sports were explored.

- To explore sports injuries of Hong Kong people

METHODOLOGY

1. Questionnaire Design

Reference was made to several sports participation surveys, which were conducted in other countries in the process of questionnaire design. These surveys include the General Household Survey of the United Kingdom, the National Sport-life Survey of Japan and other local surveys on sports.

2. Survey Administration

The survey was administered on 7-10 August, 2001 by the Social Sciences Research Centre of the University of Hong Kong. Computer assisted telephone interview method was used. The samples comprised respondents stratified across the whole of the territory. All interviews were conducted in Chinese.

In order to avoid seasonal bias of certain sports activities, four quarterly surveys are to be conducted in the months of May, August, November, and February. A report containing the aggregate results of all four quarterly surveys and a comparison with last year's findings will be produced when all the four quarterly surveys have been completed.

3. Sampling

Telephone numbers were first drawn randomly from the residential telephone directories as "seed numbers," from which another set of numbers was generated by changing the eighth digit randomly. When telephone contact was successfully established with a target household, one-person aged 10 or above, whose birthday was approaching soon, was selected from all those present.

4. Response

A total of 864 Hong Kong citizens (Cantonese-speaking) aged 10 or above responded to the survey, of whom 136 were further asked to act as surrogates to answer more or less the same questionnaire for their child/sibling/grandchild who was aged 5 – 9 living in the same household. The response rate was 62.4%, with a standard error no more than 1.7%.

SURVEY RESULTS

In order to ensure representativeness of the samples, following findings were adjusted according to sex and age distribution in the Hong Kong 1996 Population (By-census).

1. Profile of Respondents

Table 1.1 Sex of respondents

Sex	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
Male	445	44.5	499	49.9
Female	555	55.5	501	50.1
Total	1,000	100.0	1,000	100.0

Base – all respondents 5+ years old

- 1.1 In this survey, the number of male respondents (49.9%) was approximately the same as that of their counterparts (50.1%).

Table 1.2 Age of respondents

Age Group	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
5 – 9	136	13.6	65	6.5
10 – 14	72	7.2	73	7.3
15 – 24	183	18.3	148	14.8
25 – 34	160	16.0	202	20.2
35 – 44	169	16.9	201	20.1
45 – 54	115	11.5	116	11.6
55 – 64	66	6.6	88	8.8
65 or above	99	9.9	107	10.7
Total	1,000	100.0	1,000	100.0

Base – all respondents 5+ years old

- 1.2 In this survey, respondents in the age groups of 25-34 and 35-44 each occupied about 20 per cent.

¹Weighted figures based on Hong Kong Population 1996 (By-census)

Table 1.3 Occupation of respondents

Occupation Group	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
Professional & Semi-professional	102	13.2	125	14.9
Clerical & service workers	185	23.9	207	24.7
Production workers	106	13.7	135	16.1

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Students	119	15.4	96	11.4
Housewives	134	17.3	131	15.6
Others (unemployed, retired, etc.)	128	16.5	145	17.3
Total	774	100.0	839	100.0

Base – all people 15+ years old

- 1.3 Of those employed, most of the respondents were clerical and service workers (24.7%) while professionals & semi-professionals and production workers were constituted about 15 per cent and 16 per cent respectively. About 17 per cent of respondents were either unemployed or retired.

Table 1.4 Educational level of respondents

Education level	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
No education / kindergarten	67	8.6	72	8.5
Primary	122	15.7	140	16.6
Lower Secondary	135	17.4	152	18.0
Upper Secondary	273	35.2	286	33.9
Matriculation	62	8.0	60	7.2
College / University	117	15.1	134	15.9
Total	776	100.0	844	100.0

Base – all people 15+ years old

- 1.4 About 57 per cent of respondents had attained educational level of upper secondary or above.

¹Weighted figures based on Hong Kong Population 1996 (By-census)

Table 1.5 Monthly personal income of respondents

Income Group	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
No income	289	44.8	281	40.2
\$1 - \$5,000	61	9.5	60	8.6
\$5,001 - \$10,000	129	20.0	144	20.7
\$10,001 - \$15,000	73	11.3	91	13.1

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\$15,001 - \$20,000	45	7.0	58	8.3
\$20,001 - \$30,000	28	4.3	36	5.2
\$30,001 & above	20	3.1	27	3.9
Total	645	100.0	698	100.0

Base – all people 15+ years old

- 1.5 A majority of the respondents (69.5%) received a monthly personal income of \$10,000 or below. The mean monthly personal income was around \$9,050.

¹Weighted figures based on Hong Kong Population 1996 (By-census)

Table 1.6a District of residence of respondents

District	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
Wanchai	8	1.0	9	1.0
Eastern District	86	10.4	89	10.0
Central & Western District	20	2.4	21	2.3
Southern District	30	3.6	31	3.5
Kwun Tong	75	9.0	82	9.1
Kowloon City	41	4.9	45	5.0

Wong Tai Sin	48	5.8	52	5.8
Sham Shui Po	38	4.6	43	4.7
Yau Tsim Mong	28	3.4	33	3.7
Sai Kung	55	6.6	60	6.7
Shatin	66	8.0	68	7.6
Islands	11	1.3	13	1.4
Tsuen Wan	47	5.7	51	5.7
Kwai Tsing	68	8.2	74	8.3
Tuen Mun	69	8.3	73	8.1
Yuen Long	65	7.8	72	8.0
Northern District	40	4.8	43	4.8
Taipo	35	4.2	39	4.3
Total	830	100.0	899	100.0

Table 1.6b Area of residence of respondents

Area	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
Hong Kong	144	17.3	150	16.7
Kowloon	230	27.7	255	28.4
New Territories	456	54.9	493	54.9

Base – all people 10+ years old

- 1.6 The districts of residence of the respondents were recorded in accordance with the District Board districts. Its distribution was listed in Table 1.6a. The geographical distribution of respondents was further regrouped into three areas (Table 1.6b). Over half of respondents (54.9%) resided in the New Territories.

¹Weighted figures based on Hong Kong Population 1996 (By-census)

2. Quarterly Participation Rates

Table 2.1 Participation during last 3 months

Participation	(N)	Pct of Cases (%)
Yes	575	57.5
No	424	42.5

Base – all people 5+ years old (base number = 999)

- 2.1 About 58 per cent of respondents aged 5 or above participated in at least one sports / activity during last three months before the interview.

Table 2.1.1 Participation during last 3 months by Sex (%)

	Male	Female
Yes	59.1	56.0
No	40.9	44.0

Base – all people 5+ years old (base number = 999)

- 2.1.1 Of those aged 5 or above, sports participation rate of men was slightly higher than that of their counterparts.

Table 2.1.2 Participation during last 3 months by Age (%)

	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	73.8	65.8	72.3	60.4	55.5	41.0	35.2	57.4
No	26.2	34.2	27.7	39.6	44.5	59.0	64.8	42.6

Base – all people 5+ years old (base number = 1,000)

- 2.1.2 Young generation (5-24) tended to have higher sports participation rate than the elder generation.

Table 2.2 Participation during last 3 months

Participation	(N)	Pct of Cases (%)
Yes	527	56.4
No	407	43.6

Base – all people 10+ years old (base number = 934)

- 2.2 About 56 per cent of respondents aged 10 or above participated in at least one sports / activity during last three months before the interview.

Table 2.2.1 Participation during last 3 months by Sex (%)

	Male	Female
Yes	58.1	54.8
No	41.9	45.2

Base – all people 10+ years old (base number = 934)

- 2.2.1 For those aged 10 or above, sports participation rate of men was slightly higher than that of their counterparts.

Table 2.2.2 Participation during last 3 months by Age (%)

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	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	65.8	72.3	60.4	55.5	41.0	35.2	57.4
No	34.2	27.7	39.6	44.5	59.0	64.8	42.6

Base – all people 10+ years old (base number = 936)

2.2.2 Young generation (10-24) tended to have higher sports participation rate than the other age groups.

Table 2.3 Participation during last 3 months

Participation	(N)	Pct of Cases (%)
Yes	480	55.6
No	382	44.4

Base – all people 15+ years old (base number = 862)

2.3 About 56 per cent of respondents aged 15 or above participated in at least one sports / activity during last three months before the interview.

Table 2.3.1 Participation during last 3 months by Sex (%)

	Male	Female
Yes	57.9%	53.3%
No	42.1%	46.7%

Base – all people 15+ years old (base number = 863)

2.3.1 For those aged 15 or above, men's sports participation rate was slightly higher than that of their counterparts.

Table 2.3.2 Participation during last 3 months by Age (%)

	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	72.3	60.4	55.5	41.0	35.2	57.4
No	27.7	39.6	44.5	59.0	64.8	42.6

Base – all people 15+ years old (base number = 863)

2.3.2 Young generation (15-24) tended to have higher sports participation rate.

Table 2.4 Participation during last 3 months by Education (%)

	No education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
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Yes	38.9	35.7	58.6	58.9	66.7	70.1
No	61.1	64.3	41.4	41.1	33.3	29.9

Base – all people 15+ years old (base number = 843)

- 2.4 Of those who participated in at least one sports / activity during last three months, respondents with matriculation or above tended to have higher sports participation rate.

Table 2.5 Participation during last 3 months by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	Housewives	Others
Yes	64.0	54.1	40.7	80.2	52.3	53.8
No	36.0	45.9	59.3	19.8	47.7	46.2

Base – all people 15+ years old (base number = 838)

- 2.5 Of those employed, professional group had higher participation rate (64%) than clerical and service workers (54.1%) and production workers (40.7%). Students' sports participation rate was the highest (80.2%).

Table 2.6 Participation during last 3 months by Personal Income (%)

	No income	\$1 - \$5,000	\$5,001 - \$10,000	\$10,001 - \$15,000	\$15,001 - \$20,000	\$20,001 - \$30,000	More than \$30,000
Yes	60.9	55.0	41.4	48.4	67.2	75.0	64.3
No	39.1	45.0	58.6	51.6	32.8	25.0	35.7

Base – all people 15+ years old (base number = 699)

- 2.6 Those receiving monthly personal income between \$20,001 and \$30,000 were most active in sports participation.

Table 2.7 Participation during last 3 months by Area (%)

	Hong Kong	Kowloon	New Territories
Yes	58.0	52.5	59.3
No	42.0	47.5	40.7

Base – all people 10+ years old (base number = 897)

- 2.7 Respondents living in New Territories (59.3%) had slightly higher sports participation rate than those on Hong Kong Island (58%) and in Kowloon (52.5%).

Table 2.8 Sports Participation in the last 3 months (%)

Sports	Pct	Sports	Pct
Swimming	25.3	Gymnastics	1.9
Badminton	10.9	Volleyball	1.8
Jogging	9.7	Dancing	1.5
Basketball	8.3	Squash	1.3
Soccer	5.5	Tenpin Bowling	1.2
Walking	5.2	Athletics	1
Exercise	4.7	Others	0.8
Cycling	4.2	Handball	0.7
Hiking	3.9	Ice Hockey	0.7
Table Tennis	3.2	Golf	0.7
Weight Training	2.6	Snooker/Billiard	0.6
Chinese Martial Arts / Wushu	2.6	Aerobics	0.6
Tennis	2.1		

**Those sports with less than 0.5% participation rate are not listed.*

Base – all people 5+ years old (base number = 1,000)

- 2.8 The top ten sports/physical recreation in that the respondents took part in the past three months were listed in a descending order: swimming, badminton, jogging, basketball, soccer, walking, exercise, cycling, hiking and table tennis.

Table 2.9 Sports participated by Sex (%)

	Male	Female
Swimming	26.5	24.1
Badminton	7.8	13.9
Jogging	11.6	7.8
Basketball	13.1	3.5
Soccer	10.6	0.5
Walking	5.5	4.9
Exercise	2.1	7.2
Cycling	4.1	4.3
Hiking	4.3	3.5
Table Tennis	4.1	2.3
Weight Training	2.1	3.2
Chinese Martial Arts / Wushu	2.9	2.2
Tennis	2.7	1.5
Gymnastics	1	2.8
Volleyball	1.2	2.5
Dancing	0.6	2.4
Squash	0.6	2
Tenpin Bowling	1.4	0.9
Athletics	1.4	0.5
Others	0.3	1.4
Handball	0.8	0.6
Ice Hockey	0.3	1
Golf	0.6	0.8
Snooker/Billiard	1.2	0
Aerobics	0.2	1

Base – all people 5+ years old (base number = 1,000)

2.9 Swimming was the most popular sport for both men and women.

Table 2.10 Sports participated by Age (%)

	5 - 9	10 - 14	15 - 24	25 - 34	35 - 44	45 - 54	55 - 64	65 or above
Swimming	53.4	28.8	35.9	32.6	28.4	11.5	6.8	2
Badminton	14.8	23.3	18.5	15.7	8.5	3.2	1.2	1
Jogging	9.8	12.4	13.8	12.1	10.5	8.4	3.1	3
Basketball	7.8	21.1	29.6	5.1	2.3	2.2	0	1
Soccer	4	11.4	14.6	7.6	3.1	1.1	0	0
Walking	0	1.4	0.6	2.6	2.7	3.6	7.5	26.5
Exercise	3.8	2.7	1	2.2	4.8	3.9	10.6	11.9
Cycling	11.6	8.2	5.1	4.8	1.9	4.7	1.9	0
Hiking	0.7	1.3	4.3	3.9	2.2	9.8	2.5	5.1
Table Tennis	6.9	15.5	3.4	0.8	3.5	1.4	0	1
Weight Training	0.8	1.3	3.8	6.6	2	1.4	0	0
Chinese Martial Arts / Wushu	1.5	0	1.8	0	1.3	2.2	6.8	10.2
Tennis	1.3	1.3	1.2	5.7	2.8	0	0	0
Gymnastics	1.5	2.8	1.6	2.7	1.7	3.2	1.2	0
Volleyball	0.7	4.1	8.5	0.5	0.5	0	0	0
Dancing	7.2	1.3	2.1	0.8	1	1.4	1.2	0
Squash	0.7	1.3	3.8	1.6	1	0.7	0	0
Tenpin Bowling	0	0	1.8	1.3	1.7	2.5	0	0
Athletics	2.2	4.1	0.6	0	1.5	1.1	0	0
Others	2.3	2.7	0.6	0	1	0	2.5	0
Handball	0	1.3	0.6	0.5	1.5	0	0	1
Ice Hockey	0	1.3	0	0	0.8	0	0	3.9
Golf	0	0	0	1.1	2	0.7	0	0
Snooker/Billiard	0	1.4	1.2	1.5	0	0	0	0
Aerobics	0	0	1.1	1.1	1	0	0	0

Base – all people 5+ years old (base number = 1,000)

2.10 Swimming tended to be the most favourite sport for people aged from 5 to 54. Respondents aged 55 or above were more likely to participate in walking, exercise and Chinese martial arts/wushu.

Table 2.11 Sports participated by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Swimming	1.1	8.2	22.4	29.7	36.1	29.6
Badminton	0	0.8	8.1	13.4	21.2	12.4
Jogging	2.9	5.4	9.5	11.7	15.3	11.1
Basketball	0	1.1	4.7	7.7	19.8	13.1
Soccer	0	0.9	4.2	6.9	9.9	5.2
Walking	13.3	9.2	6.7	2.7	5.4	4.4
Exercise	7.2	7.2	6.7	2.3	5.5	4.2
Cycling	1.3	0.9	2.7	4.8	5.7	3.4
Hiking	6.1	3.1	4.3	2.4	9.6	7.4
Table Tennis	0	0	1.6	2.5	2.8	1.8
Weight Training	0	0	1.1	3.7	3.3	7.9
Chinese Martial Arts / Wushu	8.8	2.4	1.4	1.6	2.1	4.5
Tennis	0	0	1.7	2.1	4	5.8
Gymnastics	0	0	1.9	1.7	2.6	4.6
Volleyball	0	0	0	3.1	2.9	3.1
Dancing	0	0	1.8	1.2	1.4	1.7
Squash	0	0	1.1	2.2	2.7	1.5
Tenpin Bowling	0	0	2.3	1.3	4	1.6
Athletics	0	1.1	0	0.4	0	1.2
Others	0	0	1.9	0.3	1.8	0
Handball	1.4	0	0	0	1.4	3.1
Ice Hockey	4.3	0.7	0	0	0	1.2
Golf	0	0	0	0.7	0	3.8
Snooker/Billiard	0	0	0.6	0.5	1.4	1.1
Aerobics	0	0	1.4	0.3	1.4	1.4

Base – all people 15+ years old (base number = 844)

2.11 Swimming, badminton and basketball attracted respondents with higher education level. For those respondents with lower education level, variety of sports activities was limited. Walking was their popular physical recreation.

Table 2.12 Sports participated by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Swimming	32.2	26.5	16.3	36.4	20.8	8.2
Badminton	11.5	11.2	4.6	24.5	8.3	2.8
Jogging	15.1	11.7	9.5	14.2	5.5	3.5
Basketball	11.5	2.8	4.9	35.9	0	0.7
Soccer	9.5	5.8	3.9	14.3	0	0
Walking	2.5	2.2	1.5	0.9	10.1	17.5
Exercise	2.9	3.1	3.2	0.8	5.3	12.6
Cycling	3.2	4.2	2.7	4.4	3.9	1.7
Hiking	10	2.4	1.9	5.1	3.6	5.6
Table Tennis	1.4	1.7	1.8	3.4	2.1	0.7
Weight Training	4.9	7	0	2.5	1.3	0
Chinese Martial Arts / Wushu	3	1.1	0.6	0.9	1.6	10.2
Tennis	4.2	4	0	1.8	1.6	1.1
Gymnastics	6.8	0.8	0.6	0.8	1.5	0.7
Volleyball	1.6	0	0	11.5	0.7	0.5
Dancing	1.2	0	0.8	3.3	2.7	0
Squash	0	2.8	0.6	2.6	1.4	0.5
Tenpin Bowling	2.3	2.2	0.6	0.9	0.6	1.2
Athletics	1.2	0.6	1.8	0	0	0
Others	0	0	0.6	0	2.3	0.7
Handball	1.2	1.3	0	0.9	0	0.7
Ice Hockey	1.2	0	0	0	0	2.8
Golf	2.5	1.5	0	0	0.7	0
Snooker/Billiard	1.2	0.7	0.6	0.9	0	0
Aerobics	0.9	0.5	0	0.9	1.5	0.5

Base – all people 15+ years old (base number = 839)

2.12 Swimming attracted almost all the occupational groups, except for those retired/unemployed who tended to participate in walking. Besides swimming, students also liked playing basketball.

Table 2.13 Sports participated by Personal income (%)

	No income	\$1 - \$5,000	\$5,001- \$10,000	\$10,001- \$15,000	\$15001- \$20,000	\$20,001 - \$30,000	>\$30,000
Swimming	19.6	23.8	20.6	19.6	48.8	35	29.5
Badminton	11.5	10.9	3.8	12.8	23.1	10.3	3.5
Jogging	6.4	6.7	13.3	10.4	13.8	21.9	0
Basketball	8.1	17.2	4	8.7	2.7	7.8	5.6
Soccer	3	4.3	5.4	5.3	6.8	8.5	5.6
Walking	9.9	6.8	0.7	1.7	0	4.2	4.6
Exercise	8.2	3.5	3.1	4.2	5.5	0	0
Cycling	3.6	4.5	1.4	0.8	10.5	6.5	0
Hiking	4.5	1.4	0.7	3.8	6.5	19.8	0
Table Tennis	2.1	4.7	1.9	0	2.7	0	5.7
Weight Training	1.1	0	3.7	6.8	2.7	7.3	4
Chinese Martial Arts / Wushu	4.4	3.6	2	0	2.2	4.3	4.6
Tennis	1.6	0	0.8	3.4	2.7	6.1	11.2
Gymnastics	0.9	0	1.3	2.2	5	3	4.6
Volleyball	4.2	1.8	0.6	0	0	0	0
Dancing	2.1	3.1	0	1.7	0	0	0
Squash	1.8	0	1.9	0	0	3	0
Tenpin Bowling	1.2	0	1.7	0	4.6	0	4.6
Athletics	0	0	1.1	1	0	3.5	5.7
Others	1.5	0	0	0	0	0	0
Handball	0.7	0	0	0	0	4.3	0
Ice Hockey	1.1	0	0	1.1	0	4.3	0
Golf	0.3	0	0	0	3.3	0	11.3
Snooker/Billiard	0	0	1.1	0	0	0	0
Aerobics	1.3	1.8	0	0	0	3	0

Base – all people 15+ years old (base number = 698)

2.13 All the personal income groups tended to participate in swimming.

Table 2.14 Reasons for non-participation during last 3 months

Reasons	(N)	Pct of Responses (%)	Pct of Cases (%)
No time	266	48.6	64.6
Work	97	17.7	23.6
Not interested	64	11.7	15.6
Unhealthy	37	6.7	8.9
Others	32	5.8	7.7
No Companion	18	3.3	4.4
Domestic Chores	12	2.3	3
Hard to book	8	1.4	1.9
Study	6	1.1	1.4
Lack of appropriate activity	3	0.6	0.8
Fear of injuries	3	0.5	0.6
Poor skill	1	0.2	0.3

Base – all non-participants (3-month) (base number = 412)

- 2.14 About 43 per cent of respondents in this survey did not participate in any sport activities in the last three months. One of the reasons they usually mentioned was lack of time. Other significant factors were work and no interest in sports.

3. Four-week Participation Rate

Figure 3.1a: Participation during last 3 months

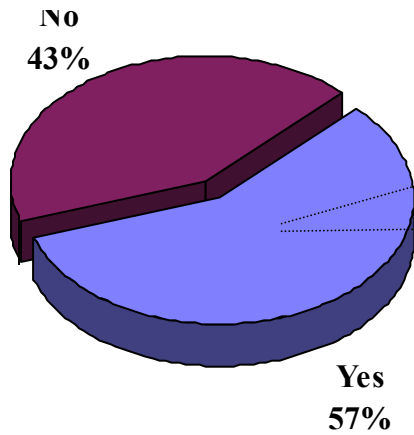
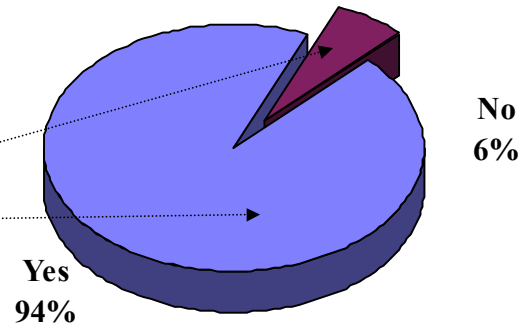


Figure 3.1b: Participation during last 4 weeks



Of those (57.5%) who participated in at least one sport activity in the past three months (Figure 3.1a), most of them (93.9%) continued to take part in sports in the past four weeks before the interview (Figure 3.1b).

Table 3.2 Sports Participation in the last 4 weeks (%)

Sports	Pct	Sports	Pct
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2nd QUARTERLY SPORTS PARTICIPATION SURVEY 2001

Swimming	22.8	Tennis	1.8
Jogging	8.4	Gymnastics	1.6
Badminton	7.7	Dance	1.4
Basketball	6.6	Volleyball	1.1
Walking	4.7	Squash	0.8
Soccer	4.6	Athletics	0.8
Exercise	4.3	Tenpin Bowling	0.7
Cycling	3.1	Handball	0.6
Hiking	2.9	Golf	0.6
Chinese Martial Arts / Wushu	2.6	Others	0.6
Table Tennis	2.5	Ice Hockey	0.5
Weight Training	1.9	Aerobic Dance	0.5

**Those sports with less than 0.5% participation rate are not listed.*

Base – all people 5+ years old (base number = 1,000)

- 3.2 When asked the types of sports that the respondents played in the past four weeks, swimming (22.8%) topped the list, followed by jogging (8.4%) and badminton (7.7%). Sports that required no specific facilities and equipment, like jogging and exercise and walking, were also among the top ten.

Table 3.3 Sports participated during last 4 weeks by Sex (%)

	Male		Female	
	Last 4 weeks	Last 3 months	Last 4 weeks	Last 3 months
Swimming	24.3	26.5	21.4	24.1
Jogging	10.4	11.6	6.5	7.8
Badminton	5.4	7.8	10.1	13.9
Basketball	11.6	13.1	1.6	3.5
Walking	4.9	5.5	4.5	4.9
Soccer	8.7	10.6	0.5	0.5
Exercise	1.8	2.1	6.8	7.2
Cycling	3.4	4.1	2.9	4.3
Hiking	2.9	4.3	2.8	3.5
Chinese Martial Arts / Wushu	2.9	2.9	2.2	2.2
Table Tennis	3.5	4.1	1.5	2.3
Weight Training	1	2.1	2.8	3.2
Tennis	2.3	2.7	1.3	1.5
Gymnastics	1	1	2.2	2.8
Dance	0.6	0.6	2.3	2.4
Volleyball	0.8	1.2	1.4	2.5
Squash	0.1	0.6	1.6	2
Athletics	1.4	1.4	0.2	0.5
Tenpin Bowling	1	1.4	0.4	0.9
Handball	0.8	0.8	0.4	0.6
Golf	0.6	0.6	0.6	0.8
Others	0.3	0.3	1	1.4
Ice Hockey	0	0.3	1	1
Aerobic Dance	0.2	0.2	0.8	1

Base – all people 5+ years old (base number = 1,000)

3.3 Both male and female respondents tended to be active in swimming in the past four weeks.

Table 3.4 Sports participated during last 4 weeks by Age (%)

	5 – 9	10 – 14	15 - 24	25 - 34	35 - 44	45 - 54	55 - 64	65 or above
Swimming	51.9	26	32	26.8	26.9	10.1	6.8	2
Jogging	7.4	13.7	9.3	10.8	9.5	8.4	1.9	3
Badminton	13.3	16.4	11.9	10.7	6.6	2.5	1.2	0
Basketball	7	12.8	24.1	4.5	2.3	2.2	0	0
Walking	0	1.4	0.6	1.8	2.7	2.5	7.5	24.5
Soccer	4	9.9	12.8	5.3	3.1	0	0	0
Exercise	3.1	1.3	1	2.2	4.8	2.8	10.6	10.9
Cycling	10	4.1	4	2.9	1.4	4.7	1.9	0
Hiking	0.7	1.3	3.7	1.6	1.3	6.9	2.5	5.2
Chinese Martial Arts / Wushu	1.5	0	1.8	0	1.3	2.2	6.8	10.2
Table Tennis	5.4	15.5	0.6	0.8	3.5	0.7	0	0
Weight Training	0.8	0	3.2	4.5	1.3	1.4	0	0
Tennis	0.7	1.3	1.2	5.2	2	0	0	0
Gymnastics	0.8	1.4	1.1	2.2	1.7	3.2	1.2	0
Dance	7.2	1.3	1.6	0.8	1	1.4	1.2	0
Volleyball	0.7	2.8	5.3	0	0.5	0	0	0
Squash	0.7	1.3	2	0.5	1	0.7	0	0
Athletics	1.3	2.8	0.6	0	1.5	1.1	0	0
Tenpin Bowling	0	0	1.2	0.8	1.3	0.7	0	0
Handball	0	0	0.6	0.5	1.5	0	0	1
Golf	0	0	0	0.5	2	0.7	0	0
Others	2.3	1.3	0.6	0	0.5	0	2.5	0
Ice Hockey	0	1.3	0	0	0	0	0	3.9
Aerobic Dance	0	0	1.1	1.1	0.5	0	0	0

Base – all people 5+ years old (base number = 1,000)

3.4 People aged from 5 to 54 were more likely to participate in swimming while those aged 55 or above tended to do walking and exercise.

Table 3.5 Sports participated during last 4 weeks by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Swimming	1.1	8.2	19.6	26.8	26.9	26.8
Jogging	2.9	4.6	8.7	10.3	11.2	8.6
Badminton	0	0.8	4.7	12	14.2	4
Basketball	0	1.1	4.7	6.6	16.9	10
Walking	11.8	9.2	5.9	2.7	3.7	3.2
Soccer	0	0	4.2	5	7	5.2
Exercise	7.2	7.2	6.1	2.3	3.4	4.2
Cycling	1.3	0.9	1.7	4.1	4.2	2
Hiking	6.1	3.9	2.1	2.4	4.5	3.3
Chinese Martial Arts / Wushu	8.8	2.4	1.4	1.6	2.1	4.5
Table Tennis	0	0	1	1.6	1.4	1.2
Weight Training	0	0	1.1	3.1	1.4	4.9
Tennis	0	0	1.7	2.1	4	3.8
Gymnastics	0	0	1.9	1.3	2.6	4
Dance	0	0	1.8	1.2	1.4	1.1
Volleyball	0	0	0	2	1.4	1.8
Squash	0	0	0.5	1.8	1.2	0
Athletics	0	1.1	0	0.4	0	1.2
Tenpin Bowling	0	0	1.7	0.5	2.6	0.6
Handball	1.4	0	0	0	1.4	3.1
Golf	0	0	0	0.7	0	3
Others	0	0	1.9	0	1.8	0
Ice Hockey	4.3	0.7	0	0	0	0
Aerobic Dance	0	0	1.4	0	1.4	1.4

Base – all people 15+ years old (base number = 844)

- 3.5 Respondents with lower educational level tended to take part in less variety of sports such as walking. Those with higher educational level were more likely to participate in swimming and basketball.

Table 3.6 Sports participated by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Swimming	29.1	24	15.2	31.4	17.1	8.2
Jogging	12.4	11.7	9.5	8.2	3.9	2.7
Badminton	6.8	9.2	3.4	15.9	5.4	1.6
Basketball	10	2.8	4.9	28.2	0	0
Walking	2.5	1.5	1.5	0.9	10.1	16.1
Soccer	6.3	4.7	2.9	13.4	0	0
Exercise	2.9	2.5	3.2	0.8	5.3	11.9
Cycling	3.2	2.7	1.6	3.5	3.1	1.7
Hiking	3.9	1.8	2.7	4.2	2.9	4.9
Chinese Martial Arts / Wushu	3	1.1	0.6	0.9	1.6	10.2
Table Tennis	0.7	1.7	1.1	0.9	1.5	0
Weight Training	3.7	5	0	1.6	1.3	0
Tennis	3.3	3.3	0	1.8	1.6	1.1
Gymnastics	5.9	0.8	0.6	0	1.5	0.7
Dance	1.2	0	0.8	2.5	2.7	0
Volleyball	0.7	0	0	6.5	0.7	0.5
Squash	0	1.7	0	0.8	1.4	0.5
Athletics	1.2	0.6	1.8	0	0	0
Tenpin Bowling	1.2	1.2	0.6	0	0.6	0.6
Handball	1.2	1.3	0	0.9	0	0.7
Golf	2.5	0.9	0	0	0.7	0
Others	0	0	0.6	0	1.6	0.7
Ice Hockey	0	0	0	0	0	2.8
Aerobic Dance	0.9	0.5	0	0.9	0.7	0.5

Base – all people 15+ years old (base number = 839)

3.6 Swimming tended to attract almost all the occupational groups, except for those retired/unemployed who were more likely to participate in walking and exercise.

Table 3.7 Sports participated by Personal income (%)

	No income	\$1 - \$5,000	\$5,001- \$10,000	\$10,001- \$15,000	\$15001- \$20,000	\$20,001 - \$30,000	>\$30,000
Swimming	16.4	23.8	19.9	15.8	40.2	35	29.5
Jogging	4.3	3.8	12.7	8.8	12.1	21.9	0
Badminton	7.6	7.4	3.8	8.7	16.9	7.3	3.5
Basketball	6.3	11.2	4	7.9	2.7	7.8	5.6
Walking	9.9	6.8	0.7	1.7	0	4.2	4.6
Soccer	2.7	4.3	2.9	4.3	6.8	4.2	5.6
Exercise	7.8	3.5	3.1	4.2	3.3	0	0
Cycling	2.9	2.7	1.4	0	5.9	6.5	0
Hiking	3.8	1.9	0	3.8	1.7	7.8	0
Chinese Martial Arts / Wushu	4.4	3.6	2	0	2.2	4.3	4.6
Table Tennis	1	3	0.7	0	2.7	0	5.7
Weight Training	0.8	0	3.7	5.6	0	7.3	4
Tennis	1.6	0	0.8	3.4	0	3	11.2
Gymnastics	0.7	0	0.5	2.2	5	3	4.6
Dance	1.8	3.1	0	1.7	0	0	0
Volleyball	2.5	0	0.6	0	0	0	0
Squash	1.2	0	1.3	0	0	0	0
Athletics	0	0	1.1	1	0	3.5	5.7
Tenpin Bowling	0.6	0	1.1	0	2.7	0	0
Handball	0.7	0	0	0	0	4.3	0
Golf	0.3	0	0	0	3.3	0	11.3
Others	1.1	0	0	0	0	0	0
Ice Hockey	1.1	0	0	1.1	0	0	0
Aerobic Dance	0.9	1.8	0	0	0	3	0

Base – all people 15+ years old (base number = 698)

3.7 All the personal income groups tended to be active in swimming.

Table 3.8 Reasons for those who stopped playing sports during last 4 weeks

Reasons	(N)	Pct of Responses (%)	Pct of Cases (%)
No time	22	54.4	68.4
Others	6	14.3	18
Work	4	10.3	13
No Companion	2	5.9	7.4
Not interested	2	5	6.3
Unhealthy	2	3.9	4.9
Study	1	2.4	3.1
Domestic Chores	1	2.4	3
Lack of appropriate activity	1	1.3	1.7

Base – all non-participants (4-week) (base number = 32)

- 3.8 For those who participated in sports in the last quarter, about 6 per cent of them did nothing during last four weeks. Lack of time was the main reason for their withdrawals.

4. Patterns of Participation

For each sport mentioned, further questions were asked establishing on how many times and duration it had been done in the four-week period. The computation was based on the overall responses disregarding the types of sports activities the respondents had participated.

Table 4.1 Frequency of participation during last 4 weeks

Frequency	(N)	Pct of Responses (%)
1-3 times per month	276	32.2
1-2 times per week	291	34
3-5 times per week	129	15
Almost daily	130	15.2
Forgotten / hard to say	31	3.7

Base – all participants (4-week) (base responses = 856)

- 4.1 When asked how often the respondents participated in sports, about 34 per cent of the responses were 1-2 times per week.

Table 4.2 Duration of participation during last 4 weeks

Duration	(N)	Pct of Responses (%)
Less than 15 mins	31	3.6
About 15-30 mins	143	16.7
About 31-60 mins	245	28.6
More than 1 hour	423	49.4
Forgotten / hard to say	14	1.6

Base – all participants (4-week) (base responses = 856)

- 4.2 As regards the duration, almost half of the responses (49.4%) were more than one hour for each session.

Table 4.3 Sports participated during last 4 weeks by Frequency (%)

2nd QUARTERLY SPORTS PARTICIPATION SURVEY 2001

	1-3 times/mth	1-2 times/wk	3-5 times/wk	Almost daily	Hard to say
Swimming	40	38.9	16.5	1.8	2.8
Jogging	26.5	27.7	22.2	18.2	5.4
Badminton	43.7	43.7	6.6	0	6
Basketball	45.7	31.6	11.8	5.6	5.4
Walking	6.1	16.6	4.8	72.5	0
Soccer	41.9	32.4	15.7	6.7	3.3
Exercise	1.8	19.9	22	50.3	6
Cycling	24.1	24.9	23.4	24.5	3.1
Hiking	51.4	10.2	7.8	19.3	11.3
Chinese Martial Arts / Wushu	4	17.5	14.8	63.6	0
Table Tennis	26.9	49	16.1	6.2	1.7
Weight Training	25.4	41.5	33.1	0	0
Tennis	34.7	45	14.2	6.2	0
Gymnastics	23.6	34	29	13.5	0
Dance	0	66	21	0	13
Volleyball	61.2	29.5	0	9.3	0
Squash	74	14.4	0	0	11.6
Athletics	12.1	24.4	18.2	45.3	0
Tenpin Bowling	100	0	0	0	0
Handball	18	65.1	0	17	0
Golf	55.7	18.4	25.9	0	0
Others	13.4	29.7	0	48.8	8.2
Ice Hockey	20.2	19.2	0	60.6	0
Aerobic Dance	0	79.9	20.1	0	0

Base – all sports and activities (4-week) (base responses = 856)

- 4.3 Walking and Chinese martial arts/wushu were sport activities that respondents did more frequently.

Table 4.4 Frequency by Sex (%)

	Male	Female
1-3 times per month	31.5	33
1-2 times per week	33.7	34.3
3-5 times per week	16.7	13.1
Almost daily	15.4	14.9
Hard to say	2.8	4.7

Base – all participants (4-week) (base responses = 856)

- 4.4 Both male and female respondents tended to play sports once to twice a week in the past four weeks.

Table 4.5 Frequency by Age (%)

	5 - 9	10 - 14	15 - 24	25 - 34	35 - 44	45 - 54	55 - 64	65 or above
1-3 times per month	22.6	23.7	40.2	42.4	36.5	36.1	5.6	6.7
1-2 times per week	48.9	40.5	36.3	38.9	36.9	12.6	24	6.4
3-5 times per week	19.8	27.6	13.8	11.1	13.3	26.7	2.8	6.7
Almost daily	3.6	7.1	6.5	5.4	8	17.2	64.8	76.9
Hard to say	5.1	1.1	3.3	2.1	5.3	7.4	2.8	3.4

Base – all participants (4-week) (base responses = 856)

- 4.5 Old people (55 or above) tended to participate more frequently in sports than the young generation.

Table 4.6 Sports participated by Duration (%)

	Less than 15 mins	15-30 mins	31-60 mins	More than 1 hr	Hard to say
Swimming	0	7.8	22.4	69	0.8
Jogging	12.8	46.8	27.4	8	5
Badminton	1.4	6	45.9	46	0.7
Basketball	0	4.8	21.5	71	2.7
Walking	4.6	26	42.1	27.3	0
Soccer	1	6.2	24.8	68.1	0
Exercise	30.9	48.7	15.4	5	0
Cycling	0	29.9	31.4	34.2	4.5
Hiking	0	7.6	14.1	78.3	0
Chinese Martial Arts / Wushu	6.5	16	42.7	34.8	0
Table Tennis	1.7	5.9	55	33.2	4.2
Weight Training	0	19.3	24.2	56.5	0
Tennis	0	0	35.2	58.7	6.2
Gymnastics	0	42.5	29.8	27.8	0
Dance	0	0	24.9	67.5	7.7
Volleyball	0	15.9	34.3	49.8	0
Squash	0	28.1	43.1	28.8	0
Athletics	0	19	41.8	39.2	0
Tenpin Bowling	0	0	13.2	86.8	0
Handball	0	18	67.7	14.3	0
Golf	0	16.1	0	83.9	0
Others	16.8	44.8	16.8	13.4	8.2
Ice Hockey	0	20.2	39.4	40.4	0
Aerobic Dance	0	0	79.9	20.1	0

Base – all sports and activities (4-week) (base responses = 856)

- 4.6 Respondents usually spent more than one hour per session except for jogging, walking, exercise, Chinese martial arts/wushu, table tennis, gymnastics, squash, athletics, handball and aerobic dance.

Table 4.7 Duration by Sex (%)

	Male	Female
Less than 15 mins	2.9	4.4
15-30 mins	16.6	16.9
31-60 mins	23.4	34.8
More than 1 hr	56.2	41.5
Hard to say	0.9	2.4

Base – all participants (4-week) (base responses = 856)

- 4.7 By ignoring the types of sports involved, both male and female participants tended to play more than one hour in the past four weeks.

Table 4.8 Duration by Age (%)

	5 - 9	10 - 14	15 - 24	25 - 34	35 - 44	45 - 54	55 - 64	65 or above
Less than 15 mins	3	3.5	0.4	3.7	5.5	2	9.9	6.5
15-30 mins	15.3	11.6	9.5	13.9	20.9	22.6	38.1	24.9
31-60 mins	28.8	36.8	17.9	31.7	29.3	26.7	21.1	45
More than 1 hr	49.7	44.6	71	49.2	43	48.7	28.1	23.6
Hard to say	3.2	3.5	1.2	1.5	1.2	0	2.8	0

Base – all participants (4-week) (base responses = 856)

- 4.8 Almost all the age groups tended to play sports more than 1 hour, except for the old generation (aged 55 or above).

Table 4.9 Companion of participation

Companion	(N)	Pct of Cases (%)
Parents	32	5.9
Children	52	9.7
Friends	202	37.5
Siblings	21	3.9
Relatives	29	5.4
Colleagues	14	2.7
Classmates	23	4.3
Alone	154	28.6
Others	11	2.0

Base – all participants (base number = 538)

- 4.9 Over one-third of respondents (37.5%) played sports with their friends while those playing sports alone were constituted about 29 per cent.

Table 4.10 Companion by Age (%)

	5 - 9	10 - 14	15 – 24	25 – 34	35 - 44	45 - 54	55 - 64	> 65
Parents	48.9	11.4	2.0	0.9	1.9	0	0	0
Children	0	0	0	14.7	26.9	11.4	6.3	0
Friends	11.1	45.5	65.0	40.4	28.7	15.9	28.1	35.6
Siblings	13.3	18.2	6.0	0.9	0	0	0	0
Relatives	2.2	2.3	1.0	8.3	10.2	6.8	9.4	1.7
Colleagues	0	2.3	2.0	5.5	1.9	4.5	6.3	0
Classmates	13.3	13.6	9.0	0	0	4.5	0	0
Alone	8.9	2.3	13.0	28.4	29.6	54.5	46.9	59.3
Others	2.2	4.5	2.0	.9	.9	2.3	3.1	3.4

Base – all participants (base number = 541)

- 4.10 Children aged between 5-9 usually played sports with their parents while those in the age of 10-34 tended to play with their friends. Respondents aged 35 or above appeared to play sports alone.

Table 4.11 Companion by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Parents	0	4.1	0	1.3	2.5	0
Children	0	10.2	15.0	14.8	5.0	9.2
Friends	60.7	16.3	30.0	40.0	57.5	41.4
Siblings	0	0	1.3	1.3	5.0	3.4
Relatives	0	4.1	5.0	11.0	2.5	3.4
Colleagues	0	0	3.8	3.9	7.5	1.1
Classmates	0	0	2.5	3.2	5.0	3.4
Alone	39.3	63.3	40.0	23.2	15.0	35.6
Others	0	2.0	2.5	1.3	0	2.3

Base – all 15+ year-old participants (base number = 439)

4.11 All the educational groups, except for those with primary and lower secondary education, tended to play sports with their friends.

Table 4.12 Companion by Occupation (%)

	Professionals & semi-professionals	Clerical & Service Workers	Production Workers	Students	House-wives	Others
Parents	0	0.9	3.9	2.8	0	0
Children	16.2	14.2	15.7	0	17.5	2.6
Friends	40.5	34.9	31.4	63.4	22.2	40.8
Siblings	0	0.9	0	8.5	0	0
Relatives	5.4	9.4	2.0	1.4	12.7	5.3
Colleagues	5.4	5.7	5.9	1.4	0	0
Classmates	1.4	0	0	12.7	1.6	0
Alone	31.1	33.0	39.2	8.5	39.7	50.0
Others	0	0.9	2.0	1.4	6.3	1.3

Base – all 15+ year-old participants (base number = 441)

4.12 All the occupational groups tended to participate in sports with their friends, except for production workers, housewives and the unemployed/retired who appeared to play sports alone.

Table 4.13 Facilities in use

Facilities	(N)	Pct of Cases (%)
Leisure & Cultural Services Department	348	65.8
Private clubs	79	14.9
Home	47	9.0
Community halls	5	1.0
Schools	12	2.2
Facilities managed by other voluntary organisations	3	.7
Facilities managed by the Agriculture, Fisheries and Conservation Department	27	5.1
Facilities provided by company	2	0.3
Others	6	1.1

Base – all participants (base number = 529)

- 4.13 Majority of the respondents used to play sports in the facilities managed by the Leisure & Cultural Services Department (65.8%). Facilities managed by private clubs constituted about 15 per cent.

Table 4.14 Facilities in use by Age

	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Leisure & Cultural Services Department	68.9	86.4	78.0	53.7	67.3	53.5	54.8	58.2
Private clubs	13.3	6.8	8.0	33.3	15.9	16.3	6.5	0
Home	8.9	2.3	3.0	8.3	9.3	11.6	19.4	18.2
Community halls	0	0	1.0	0	0	2.3	0	5.5
Schools	6.7	2.3	5.0	0	2.8	0	0	0
Voluntary organisations	0	0	2.0	0	.9	0	0	1.8
Agriculture, Fisheries and Conservation Department	2.2	2.3	2.0	2.8	2.8	14.0	12.9	14.5
Company's Facilities	0	0	0	0	0	0	6.5	0
Others	0		1.0	1.9	0.9	2.3	0	1.8

Base – all participants (base number = 533)

4.14 All the age groups tended to play sports in facilities managed by the Leisure & Cultural Services Department.

Table 4.15 Facilities in use by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Leisure & Cultural Services Department	55.8	61.2	80.4	75.3	50.0	61.4
Private clubs	32.5	27.2	0	8.2	14.5	1.4
Home	7.8	5.8	3.9	2.7	17.7	21.4
Community halls	0	0	0	1.4	1.6	4.3
Schools	0	0	0	6.8	1.6	0
Voluntary organisations	0	0	0	2.7	1.6	1.4
Agriculture, Fisheries and Conservation Department	0	5.8	7.8	2.7	11.3	10.0
Company's Facilities	0	0	3.9	0	0	0
Others	3.9	0	3.9	0	1.6	0

Base – all 15+ year-old participants (base number = 436)

- 4.15 All the occupational groups tended to play sports in the facilities managed by the Leisure & Cultural Services Department. Nevertheless, a considerable proportion of the professional group and clerical & service workers appeared to play sports in private clubs.

5. Attitudes and Future Intentions

Table 5.1 Benefits of Sports

Benefits	(N)	Pct of Responses (%)	Pct of Cases (%)
Good health	770	48.1	77.3
Good physical fitness	413	25.8	41.5
Enhance mental intelligence	29	1.8	3
Body flexibility	96	6	9.7
Enrich social life / make more friends	32	2	3.2
Release work pressure	65	4	6.5
Enjoyment	91	5.7	9.1
Develop potentials	10	0.6	1
Family members are involved	8	0.5	0.8
Others	22	1.4	2.2
Don't know / hard to say	65	4.1	6.5

Base – All people 5+ years old (base number = 995)

- 5.1 A majority of the respondents (77.3%) reckoned that sports would be good to health. Other frequently mentioned benefits were enhancing physical fitness and body flexibility. It was noted that people usually associated benefits of sports with the physical health and ability.

Table 5.2 Intention to consider / reconsider sports participation in the future

	(N)	Pct of Cases (%)
Yes	227	49.3
No	224	48.7
Don't know / hard to say	9	2.0

Base – all non-participants (base number = 460)

- 5.2 Of those respondents who did not participate in any sports activities in the past three months or who had stopped participating recently, about 49 per cent of them indicated possibility of taking part in sports in future.

Figure 5a

Attitudes Vs Participation

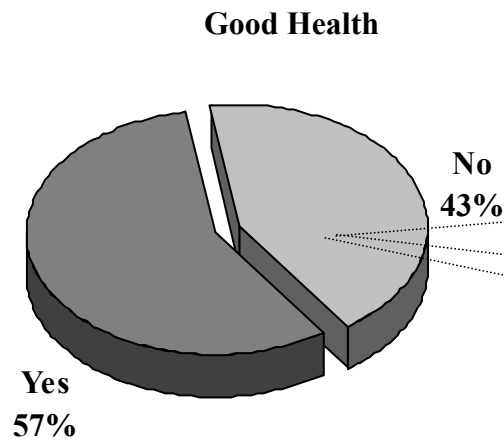
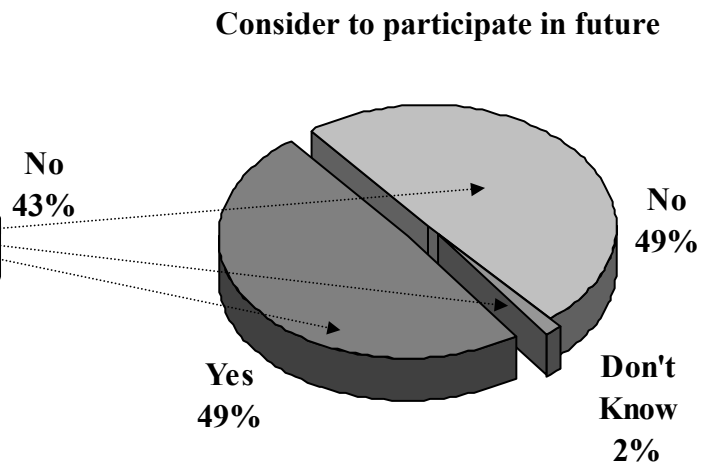


Figure 5b

Future intention to participate



When we picked out those respondents who mentioned “good health” as one of the benefits of doing sports, it was discovered that about 43 per cent of them did not participate in sports in the past quarter. Of these non-participants, about 49 per cent said that they would not consider sports participation in the future. As could be seen, many people did recognise the good side of sports but still had no initiative to participate in sports.

Table 5.3 Consider to participate by Age (%)

	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	70.6	71.4	70.2	61.5	54.3	39.4	35.1	14.6
No	29.4	28.6	29.8	38.5	45.7	60.6	64.9	85.4

Base – all non-participants (base number = 451)

5.3 In general, willingness to participate in sports in future decreased when age of respondents increased.

Table 5.4 Consider to participate by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Yes	18.2	37.4	41.4	62.0	60.0	69.6
No	81.8	62.6	58.6	38.0	40.0	30.4

Base – all 15+ year-old non-participants (base number = 400)

- 5.4 In general, willingness to participate in sports in future increased when educational level of respondents increased.

Table 5.5 Sports will be considered to participate (%)

Sports	Pct	Sports	Pct
Swimming	35.8	Qikong	2.1
Badminton	28.2	Table Tennis	2
Jogging	12.8	Gymnastics	1.9
Basketball	11.6	Volleyball	1.6
Soccer	7.6	Athletics	1.3
Exercise	5.9	Canoeing	0.8
Walking	5.8	Scubo-diving	0.8
Squash	5.5	Rowling	0.8
Chinese Martial Arts / Wushu	5	Sailing / Yachting	0.8
Tennis	4.9	Windsurfing	0.8
Hiking	4.9	Water Skiing	0.8
Weight Training	3.6	Tenpin Bowling	0.6
Dance	3.2	Golf	0.6
Cycling	2.8	Mountaineering	0.6
Aerobic Dance	2.5		

**Those sports with less than 0.5% are not listed*

Base – all non-participants (base number = 198)

- 5.5 The order of top ten sports differed slightly from the actual participation. Swimming topped the list, followed by badminton, jogging, basketball, soccer, exercise, walking, squash, Chinese martial arts/wushu and tennis.

6. Self-Assessment

Table 6.1 Physical fitness level

Condition	(N)	Pct of Cases (%)
Excellent	45	4.6
Quite good	299	30.6
Average	499	51.1
Quite poor	120	12.3
Very poor	13	1.3

Base – all respondents (base number = 976)

- 6.1 When respondents were asked to assess their own physical fitness level compared with others of same age level and sex, a majority of them (86.3%) rated themselves as average to excellent. Only about 14 per cent of respondents thought that their physical fitness was quite poor or very poor.

Table 6.2 Physical fitness by Gender (%)

	Male	Female
Excellent	6.0	3.1
Quite good	32.7	27.9
Average	51.0	52.8
Quite poor	9.3	14.6
Very poor	1.0	1.6

Base – all respondents (base number = 973)

- 6.2 Relatively speaking, male respondents were more confident of their physical fitness than their counterparts.

Table 6.3 Physical fitness by Age (%)

	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Excellent	6.2	1.4	5.5	2.6	4.1	5.3	4.8	6.8
Quite good	40.0	34.7	25.5	28.9	28.9	32.7	29.8	31.1
Average	44.6	54.2	50.3	57.7	53.6	46.9	44.0	55.3
Quite poor	7.7	8.3	17.2	10.8	12.4	12.4	17.9	5.8
Very poor	1.5	1.4	1.4	0	1.0	2.7	3.6	1.0

Base – all respondents (base number = 970)

- 6.3 Compared with people of same age and sex, all the age groups tended to be confident of their physical fitness.

Table 6.4 Physical fitness by participation during last 3 months (%)

	Yes	No
Excellent	5.9	2.7
Quite good	35.8	22.8
Average	48.9	55.9
Quite poor	8.6	16.5
Very poor	0.7	2.2

Base – all respondents (base number = 971)

- 6.4 Respondents with sport participation inclined to consider that they had better physical fitness than non-participants.

Table 6.5 Health condition

Health Condition	(N)	Pct of Cases (%)
Excellent	43	4.4
Quite good	354	36.2
Average	508	51.9
Quite poor	68	6.9
Very poor	6	0.6

Base – all respondents (base number = 979)

- 6.5 Referring to the health condition, about 93 per cent of the respondents considered having average health or above compared with people of same age and sex.

Table 6.6 Health condition by Gender (%)

	Male	Female
Excellent	4.9	3.3
Quite good	36.1	33.5
Average	51.1	54.7
Quite poor	6.6	8.2
Very poor	1.2	0.4

Base – all respondents (base number = 977)

6.6 No significant gender difference was found regarding their health condition.

Table 6.7 Health condition by Age (%)

	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Excellent	7.9	2.8	4.8	1.0	3.0	5.3	6.0	7.5
Quite good	52.4	33.3	38.4	35.0	32.5	33.6	25.3	33.0
Average	38.1	58.3	52.7	56.3	54.8	49.6	53.0	50.9
Quite poor	1.6	4.2	4.1	7.6	9.1	10.6	12.0	7.5
Very poor	0	1.4	0	0	.5	.9	3.6	.9

Base – all respondents (base number = 977)

6.7 All the age groups appeared to be confident of their health condition.

Table 6.8 Health condition by participation during last 3 months (%)

	Yes	No
Excellent	5.0	2.9
Quite good	40.9	26.3
Average	48.4	58.9
Quite poor	5.2	10.6
Very poor	0.5	1.2

Base – all respondents (base number = 976)

6.8 Respondents who participated in sports in the past quarter considered their health relatively more favourable than those who didn't.

7. Spending on Sports

Table 7.1 Ever spent on sports

	(N)	Pct of Cases (%)
Yes	461	46.2
No	536	53.8

Base – all people 5+ years old (base number = 997)

- 7.1 About 46 per cent of respondents spent money on sport-related goods or services in the past 12 months.

Table 7.2 Ever spent on sports by Gender (%)

	Male	Female
Yes	48.3	44.2
No	51.7	55.8

Base – all people 5+ years old (base number = 997)

- 7.2 Gender difference was not significant regarding the purchase of sports-related goods and services in the past twelve months.

Table 7.3 Ever spent on sports by Age (%)

	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	53.1	60.8	69.9	60.4	50.7	26.7	18.4	8.4
No	46.9	39.2	30.1	39.6	49.3	73.3	81.6	91.6

Base – all people 5+ years old (base number = 997)

- 7.3 In general, young generation (aged 10-34) was more likely to spend money on sports-related items.

Table 7.4 Ever spent on sports by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Yes	9.7	11.4	41.1	55.3	65.0	70.1
No	90.3	88.6	58.9	44.7	35.0	29.9

Base – all people 15+ years old (base number = 841)

- 7.4 The higher the educational level, the more likely the respondents would spend money on sports-related goods and services.

Table 7.5 Ever spent on sports by Occupation (%)

2nd QUARTERLY SPORTS PARTICIPATION SURVEY 2001

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Yes	66.4	55.8	29.6	74.7	31.3	16.6
No	33.6	44.2	70.4	25.3	68.7	83.4

Base – all people 15+ years old (base number = 837)

- 7.5 Among those being employed, the professional group was more willing to spend money on sports than clerical and production workers. Nevertheless, students were still the major group spending money on sports-related items.

Table 7.6 Ever spent on sports by Personal Income (%)

	No income	\$1 - \$5,000	\$5,001- \$10,000	\$10,001- \$15,000	\$15,001- \$20,000	\$20,001 - \$30,000	>\$30,000
Yes	37.1	36.7	40.3	54.9	70.2	66.7	67.9
No	62.9	63.3	59.7	45.1	29.8	33.3	32.1

Base – all people 15+ years old (base number = 696)

- 7.6 In general, the higher the personal income level, the more likely respondents would spend money on sports-related goods and services.

**Table 7.7 Ever spent on sports by Sports participation
In the last 3 months (%)**

	Sports Participation	
	Yes	No
Yes	62.8	23.6
No	37.2	76.4

Base – all people 5+ years old (base number = 997)

- 7.7 Those with sports participation in the past three months were more likely to spend money on sports-related goods and services than non-participants.

Table 7.8 Types of goods or services on that respondents spent

Types of goods /services	(N)	Pct of Responses (%)	Pct of Cases (%)
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Equipment	205	25.3	44.5
Sports clothing	251	31	54.6
Entrance fee / membership fee	185	22.8	40.2
Training fee	38	4.7	8.2
Tickets for matches	4	0.5	0.9
Venue charges	117	14.5	25.4
Sports magazine / books	9	1.2	2

Base – all people who spent money on sports (base number = 460)

- 7.8 The items on that the respondents usually spent were predominantly sports clothing (31%) and equipment (25.3%).

Table 7.9 Average monthly spending on sports

Amount	(N)	Pct of Cases (%)
Less than \$100	157	46.4
\$101 - \$250	79	23.3
\$251 - \$350	43	12.6
\$351 - \$500	26	7.8
\$501 - \$1,000	25	7.3
More than \$1,000	9	2.7

Base – all people who spent money on sports (base number = 339)

- 7.9 Respondents were asked to state approximately how much they spent on sports items per month. Most of the respondents (46.4%) spent less than \$100 per month. The annual sports spending of an individual respondent was about \$3,573.

8. Sports Injuries of Hong Kong People

Table 8.1 Any sports injuries in the past year

	(N)	Pct of Cases (%)
Yes	112	12.0
No	822	88.0

Base – all respondents 10+ years old (base number = 934)

- 8.1 About 12 per cent of respondents had been injured because of playing sports in the past year.

**Table 8.1.1 Any sports injuries in the past year
by Gender (%)**

	Male	Female
Yes	17.4	6.6
No	82.6	93.4

Base – all respondents 10+ years old (base number = 934)

- 8.1.1 More male respondents had been injured because of playing sports in the past year than their counterparts.

**Table 8.1.2 Any sports injuries in the past year
by Age (%)**

	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	27.4	24.3	12.9	9.0	7.8	0	1.9
No	72.6	75.7	87.1	91.0	92.2	100.0	98.1

Base – all respondents 10+ years old (base number = 934)

- 8.1.2 In general, sports injuries rate decreased when age of respondents increased.

Table 8.2 Frequency of sports injuries in the past year

	(N)	Pct of Cases (%)
Once	39	34.7

Twice	25	22.1
Three times	13	11.7
Four times	5	4.6
Five times	8	6.9
Six times or more	8	7.3
Can't remember	14	12.7

Base – all respondents 10+ years old who got sports injuries in the past year (base number = 112)

- 8.2 Of those who had been injured because of playing sports in the past year, more than one-third of them (34.7%) had just been injured once.

Table 8.3 Time of the most recent injury

	(N)	Pct of Cases (%)
May 2001 – August 2001	61	54.3
February 2001 – April 2001	29	25.9
November 2000 – January 2001	9	7.9
August 2000 – October 2000	5	4.4
Don't know / hard to say	8	7.5

Base – all respondents 10+ years old who got sports injuries in the past year (base number = 112)

- 8.3 Of those who had been injured because of playing sports in the past year, over half of them (54.3%) had been injured recently - during the period from May to August this year.

Table 8.4 Types of sports being played when injured

	(N)	Pct of Cases (%)
Soccer	26	24.4
Basketball	21	19.1

Jogging	8	7.0
Badminton	6	5.9
Hiking	6	5.8
Athletics	5	4.5
Swimming	5	4.4
Volleyball	4	3.9
Cycling	4	3.8
Tennis	3	2.9
Snooker / Billiard	2	2.2
Table Tennis	2	1.8
Gymnastics	2	1.8
Exercise	2	1.8
Squash	2	1.7
Karate	2	1.6
Tenpin Bowling	2	1.4
Chinese Martial Arts / Wushu	1	1.2
Mountaineering	1	1.0
Walking	1	.9
Boxing	1	.8
191	1	.8
Ice Skating	1	.7
Rowing	1	.7

*Base – all respondents 10+ years old who got sports injuries in the past year
(base number = 108)*

- 8.4 Of those who had been injured because of playing sports in the past year, almost one-fourth of them (24.4%) were playing soccer when they were injured. About 19 per cent of them were playing basketball.

Table 8.5 Duration of warm-up before playing the sport

	(N)	Pct of Cases (%)
No warm-up	41	37.2
1 – 5 minutes	25	22.4
6 – 10 minutes	17	15.4

11 – 15 minutes	14	12.9
16 – 20 minutes	2	1.5
21 minutes or above	4	3.3
Can't remember	8	7.2

Base – all respondents 10+ years old who got sports injuries in the past year (base number = 109)

- 8.5 Of those who had been injured because of playing sports in the past year, about 37 per cent of them did not do any warm-up before playing the sport.

Table 8.6 Types of surface on which you got injured

	(N)	Pct of Cases (%)
Grass	8	7.0
Artificial turf	1	.8
Wood	16	14.3
Cement	81	73.0
Water	5	5.0

Base – all respondents 10+ years old who got sports injuries in the past year (base number = 111)

- 8.6 Of those who had been injured because of playing sports in the past year, majority of them (73%) played on cement surface when they were injured.

Table 8.7 Types of injury

	(N)	Pct of Responses (%)	Pct of Cases (%)
Bruise	16	13.6	14.3
Abrasion	33	28.3	29.9
Fracture	1	0.9	1
Sprain	25	21.8	23

Muscle sprain	33	28.2	29.8
Cramp	3	2.9	3.1
Joint dislocation	4	3.6	3.8
Can't remember	1	0.8	0.8

Base – all respondents 10+ years old who got sports injuries in the past year (base number = 110)

- 8.7 Of those who had been injured because of playing sports in the past year, their injuries were mainly abrasion, muscle sprain and sprain.

Table 8.8 Parts of body injured

	(N)	Pct of Responses (%)	Pct of Cases (%)
Ankle	39	30.9	34.8
Knee	29	23.1	26
Leg	12	9.3	10.5
Arm	9	7.2	8.1
Palm	6	4.7	5.3
Foot	6	4.4	5
Wrist	4	3.3	3.7
Elbow	4	2.9	3.3
Shoulders	3	2.7	3
Back	2	1.7	2
Head	2	1.5	1.7
Chest/Abdomen	2	1.2	1.4
Others	9	6.9	7.7

Base – all respondents 10+ years old who got sports injuries in the past year (base number = 112)

- 8.8 Of those who had been injured because of playing sports in the past year, their injuries were mainly on ankle, knee and leg.

Table 8.9 Forms of athletic protection

	(N)	Pct of Cases (%)
None	96	86.8
Brace / Pad	8	6.9
Bandage	3	2.3
Tape	2	1.5

Others	3	2.6
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Base – all respondents 10+ years old who got sports injuries in the past year (base number = 111)

- 8.9 Of those who had been injured because of playing sports in the past year, most of them (86.8%) were not using any forms of athletic protection.

Table 8.10 Hospitalisation

	(N)	Pct of Cases (%)
Yes	2	1.6
No	110	98.4

Base – all respondents 10+ years old who got sports injuries in the past year (base number = 112)

- 8.10 Of those who had been injured because of playing sports in the past year, only about 2 per cent of them needed to stay in hospital.

Table 8.10.1 Duration of hospitalisation

	(N)	Pct of Cases (%)
1 – 7 days	2	100.0

Base – all respondents 10+ years old who got sports injuries in the past year and did not need to stay in hospital (base number = 2)

- 8.10.1 Of those who had been injured because of playing sports in the past year and needed hospitalisation, all of them stayed about 1-7 days in hospital.

Table 8.10.2 Types of person to treat the injury

	(N)	Pct of Responses (%)	Pct of Cases (%)
Physiotherapist	13	12	12.2
Bonesetter	22	19.2	19.6
Coach / instructor	5	4.1	4.2
Self	53	46.9	47.8
Not treated	12	10.9	11.1

Others	8	6.9	7.1
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Base – all respondents 10+ years old who got sports injuries in the past year and did not need to stay in hospital (base number = 110)

- 8.10.2 Of those who had been injured because of playing sports in the past year and did not need hospitalisation, nearly half of them (47.8%) treated their injuries by themselves. About 20 per cent of them had their injuries treated by bonesetters.

Table 8.11 Resume playing sports after injury

	(N)	Pct of Cases (%)
Immediate day	19	17.6
1 – 7 days	43	38.4
8 – 14 days	12	11.0
15 – 21 days	9	7.9
More than 21 days	19	17.2
Not yet resumed	6	5.7
Can't remember	3	2.3

Base – all respondents 10+ years old who got sports injuries in the past year (base number= 111)

- 8.11 Of those who had been injured because of playing sports in the past year, nearly two-fifths (38.4%) of them could resume playing sports within one week after injuries.

Table 8.12 Current status of the injury

	(N)	Pct of Cases (%)
Recovered	87	77.5
Healing	24	21.1
Uncertain	2	1.4

Base – all respondents 10+ years old who got sports injuries in the past year (base number = 112)

- 8.12 Of those who had been injured because of playing sports in the past year, most of them (77.5%) said their injuries had been recovered.

