

EXECUTIVE SUMMARY

The results of the survey are summarised as below:

1. Sports Participation

- About 44 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 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: badminton (7%), basketball (5.1%), swimming (3.9%), jogging (3.6%), soccer (3%), hiking (2.8%), walking (2.1%), table tennis (1.7%), weight training (1.6%) and cycling (1.6%).
- Male respondents appeared to be active in basketball in the past four weeks while their counterparts were more likely to play badminton.

3. Patterns of Participation

- When asked how often and how long the respondents participated in sports, about 36 per cent of the responses were 1-2 times per week and about 53 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 jogging, walking, exercise, Chinese martial arts/wushu and gymnastics, 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, table tennis, weight training, exercise and athletics.
- 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 47 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: badminton, swimming, basketball, jogging and soccer.
- Young people and respondents with higher educational level were more likely to participate in sports in future.
- Most of respondents reckoned that sports would be good to health but about 57 per cent of them had no sports participation at all in the past quarter. Of these non-participants, about 50 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.
- Male respondents appeared to be more confident of their physical fitness and health condition than their counterparts.

6. Spending on Sports

- About 47 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 equipment and sports clothing.
- Most of them spent less than \$100 per month on sports related items.

7. Impression of Scuba Diving, Snorkelling and Fin Swimming

- Of those who had children studying in primary or secondary schools, most of them did not give their impression of scuba diving, snorkelling and fin swimming. For those who did, most of them regarded these three sports activities as dangerous.
- If children's school offered training programme, most of respondents would let their children learn scuba diving (74.3%), snorkelling (66.4%) and fin swimming (71%). The reasons were fulfilling children's wishes and letting them learn more knowledge. For those who would not let their children learn these sports, their reasons were "dangerous" and "children not knowing how to swim".

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 find out the impression of scuba diving, snorkelling and fin swimming

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 21-23 November, 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 836 Hong Kong citizens (Cantonese-speaking) aged 10 or above responded to the survey, of whom 147 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 45.6%, with a standard error no more than 1.73%.

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 Cases ¹ (%)
Male	468	47.6	490	49.9
Female	515	52.4	493	50.1
Total	983	100.0	983	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 Cases ¹ (%)
5 – 9	147	15.0	64	6.5
10 – 14	57	5.8	72	7.3
15 – 24	166	16.9	145	14.8
25 – 34	187	19.0	199	20.2
35 – 44	216	22.0	197	20.1
45 – 54	116	11.8	114	11.6
55 – 64	46	4.7	86	8.8
65 or above	48	4.9	105	10.7
Total	983	100.0	983	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

3rd QUARTERLY SPORTS PARTICIPATION SURVEY 2001

Occupation Group	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
Professional & Semi-professional	134	17.6	144	17.5
Clerical & service workers	188	24.7	187	22.7
Production workers	113	14.8	126	15.3
Students	127	16.7	112	13.5
Housewives	126	16.6	130	15.7
Others (unemployed, retired, etc.)	73	9.6	126	15.3
Total	761	100.0	825	100.0

Base – all people 15+ years old

- 1.3 Of those employed, most of respondents were clerical and service workers (22.7%) while professionals & semi-professionals and production workers constituted about 18 per cent and 15 per cent respectively. About 16 per cent of respondents were housewives.

Table 1.4 Educational level of respondents

Education level	(N)	Pct of Cases (%)	(N)¹	Pct of Cases¹ (%)
No education / kindergarten	20	2.6	38	4.5
Primary	103	13.3	141	16.8
Lower Secondary	119	15.4	132	15.7
Upper Secondary	294	38.1	292	34.7
Matriculation	88	11.4	82	9.8
College / University	148	19.2	155	18.4
Total	772	100.0	841	100.0

Base – all people 15+ years old

- 1.4 About 63 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	267	39.4	307	41.9
\$1 - \$5,000	59	8.7	59	8.1
\$5,001 - \$10,000	150	22.2	152	20.7
\$10,001 - \$15,000	88	13.0	94	12.8
\$15,001 - \$20,000	56	8.3	59	8.1
\$20,001 - \$30,000	37	5.5	39	5.3
\$30,001 & above	20	3.0	23	3.1
Total	677	100.0	734	100.0

Base – all people 15+ years old

- 1.5 A majority of the respondents (70.7%) received monthly personal income of \$10,000 or below. The mean monthly personal income was around \$8,569.

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 Cases ¹ (%)
Wanchai	13	1.6	19	2.1
Eastern District	76	9.1	90	9.8
Central & Western District	33	4.0	34	3.7
Southern District	25	3.0	27	2.9
Kwun Tong	78	9.4	83	9.0
Kowloon City	59	7.1	64	7.0
Wong Tai Sin	52	6.2	57	6.3
Sham Shui Po	38	4.6	47	5.2
Yau Tsim Mong	43	5.2	45	5.0
Sai Kung	29	3.5	32	3.4
Shatin	82	9.8	90	9.8
Islands	10	1.2	12	1.3
Tsuen Wan	40	4.8	41	4.5
Kwai Tsing	68	8.2	75	8.2
Tuen Mun	75	9.0	81	8.8
Yuen Long	47	5.6	50	5.4
Northern District	34	4.1	35	3.8
Taipo	31	3.7	35	3.8
Total	833	100.0	917	100.0

Table 1.6b Area of residence of respondents

Area	(N)	Pct of Cases (%)	(N) ¹	Pct of Cases ¹ (%)
Hong Kong	147	17.6	170	18.5
Kowloon	270	32.4	297	32.4
New Territories	416	49.9	450	49.1

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 (49.1%) 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	427	43.5
No	554	56.5

Base – all people 5+ years old (base number = 981)

- 2.1 About 44 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	46.8	40.2
No	53.2	59.8

Base – all people 5+ years old (base number = 981)

- 2.1.1 Of those aged 5 or above, sports participation rate of men was 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	58.7	61.1	62.3	47.0	39.3	31.3	24.1	27.4
No	41.3	38.9	37.7	53.0	60.7	68.7	75.9	72.6

Base – all people 5+ years old (base number =983)

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

Table 2.2 Participation during last 3 months

Participation	(N)	Pct of Cases (%)
Yes	390	42.5
No	528	57.5

Base – all people 10+ years old (base number = 918)

- 2.2 About 43 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	46.3	38.7

No	53.7	61.3
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Base – all people 10+ years old (base number = 918)

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

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

	10-14	15-24	25-34	35-44	45-54	55-64	65 or above
Yes	61.1	62.3	47.0	39.3	31.3	24.1	27.4
No	38.9	37.7	53.0	60.7	68.7	75.9	72.6

Base – all people 10+ years old (base number = 920)

- 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	347	41.0
No	500	59.0

Base – all people 15+ years old (base number = 846)

- 2.3 About 41 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	44.6	37.5
No	55.4	62.5

Base – all people 15+ years old (base number = 846)

- 2.3.1 For those aged 15 or above, men's sports participation rate was 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	62.3	47.0	39.3	31.3	24.1	27.4

No	37.7	53.0	60.7	68.7	75.9	72.6
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Base – all people 15+ years old (base number = 848)

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
Yes	18.4	20.6	31.1	40.2	61.0	63.9
No	81.6	79.4	68.9	59.8	39.0	36.1

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

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	56.3	32.8	28.6	67.6	26.9	36.2
No	43.8	67.2	71.4	32.4	73.1	63.8

Base – all people 15+ years old (base number = 824)

2.5 Of those employed, professional group tended to have higher sports participation rate (56.3%) than clerical and service workers (32.8%) and production workers (28.6%). Students' sports participation rate was the highest (67.6%).

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	42.2	40.0	30.3	39.8	64.4	43.6	69.6
No	57.8	60.0	69.7	60.2	35.6	56.4	30.4

Base – all people 15+ years old (base number = 734)

- 2.6 Those receiving monthly personal income of more than \$30,000 appeared to be more active in sports participation.

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

	Hong Kong	Kowloon	New Territories
Yes	48.2	40.2	42.2
No	51.8	59.8	57.8

Base – all people 10+ years old (base number = 916)

- 2.7 Respondents living on Hong Kong Island (48.2%) had higher sports participation rate than those in New Territories (42.2%) and Kowloon (40.2%).

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

Sports	Pct	Sports	Pct
Badminton	12.1	Tennis	2
Swimming	10.7	Chinese Martial Arts / Wushu	2
Basketball	8.8	Exercise	1.9
Soccer	6.4	Squash	1.8
Jogging	6.1	Athletics	1.6
Hiking	4.2	Dancing	1.5
Walking	3.6	Golf	1
Table Tennis	3.3	Gymnastics	1
Cycling	3.3	Aerobics	0.6
Weight Training	2.9	Qikong	0.6
Volleyball	2		

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

Base – all people 5+ years old (base number = 983)

- 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: badminton, swimming, basketball, soccer, jogging, hiking, walking, table tennis, cycling, and weight training.

Table 2.9 Sports participated by Sex (%)

	Male	Female
Badminton	11.4	12.7
Swimming	12	9.4
Basketball	14.3	3.3
Soccer	11.8	1.1
Jogging	5.8	6.3
Hiking	3.5	5
Walking	3	4.3
Table Tennis	5.7	0.9
Cycling	4.4	2.1
Weight Training	2.5	3.2
Volleyball	2.2	1.8
Tennis	2.7	1.3
Chinese Martial Arts / Wushu	1.4	2.5
Exercise	0.7	3.1
Squash	2.1	1.5
Athletics	1.9	1.3
Dancing	0	3.1
Golf	1.4	0.6
Gymnastics	0.5	1.5
Aerobics	0	1.3
Qikong	0.5	0.7

Base – all people 5+ years old (base number = 983)

- 2.9 Basketball was the most popular for men while badminton appeared to be a favourite sport for 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
Badminton	12.7	29.7	20.4	15.5	10.7	6.6	0	0
Swimming	23	11.6	16.2	12.1	10.5	8.4	1.8	2.1
Basketball	4.4	34.6	27	6.2	3.1	1	0	0
Soccer	8.7	15.5	16.7	7.9	2.7	1	0	0
Jogging	3.6	3.7	10.8	6	3.8	6.6	9.2	4.2
Hiking	3.4	2.2	1.8	4.8	4.3	9.2	2.8	4.2
Walking	2	1.4	1.8	2.2	5.7	1.5	2.8	10.5
Table Tennis	4.6	14.9	1.8	3.4	3.1	3.1	0	0
Cycling	10.8	2.2	3.7	4	2.2	1.8	4.6	0
Weight Training	0	0	3	7.6	3	2.5	0	0
Volleyball	0	8.8	7.8	0.6	0.5	0	0	0
Tennis	0.6	1.4	1.2	2.7	5.4	0	0	0
Chinese Martial Arts / Wushu	1.4	2.2	0	0.6	0.8	5	7.4	2.1
Exercise	1.4	1.4	1.8	1	1.8	2.2	0	6.3
Squash	0	3.7	1.8	3.7	2.2	1	0	0
Athletics	4	8.8	3.1	0	1.3	0	0	0
Dancing	5.4	1.4	1.2	0.5	1.6	2.2	0	2.1
Golf	0.6	0	0	2.2	2	1	0	0
Gymnastics	0.8	0	0.6	2.2	0.4	0.7	2.8	0
Aerobics	0.8	1.4	0.6	1.5	0.4	0	0	0
Qikong	0	0	0	0.5	0.5	1	0	2.1

Base – all people 5+ years old (base number = 983)

2.10 Badminton tended to be the most favourite sport for people aged between 25 and 44. Teenagers in the age of 14-24 appeared to be active in basketball. Respondents aged 55 or above were more likely to participate in jogging and walking.

Table 2.11 Sports participated by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Badminton	0	1.2	6.4	11.2	17.9	20.6
Swimming	0	3.6	6.3	9.6	14.2	17.9
Basketball	0	0	0.8	8.2	17.7	12.3
Soccer	0	0	1.8	8.8	8.9	6.7
Jogging	5.9	2.2	8.8	6.6	7.2	7.6
Hiking	5.9	4.7	2.9	3.2	6.5	6
Walking	5.9	6	4.1	2.4	6.1	3.4
Table Tennis	0	0	3.4	0.7	3.8	6.1
Cycling	0	2.3	0	4.4	4.1	2.6
Weight Training	0	0	1.5	2.8	3.6	9
Volleyball	0	0	0.8	1.8	7.4	0.7
Tennis	0	0	0	0.7	3.6	7.6
Chinese Martial Arts / Wushu	0	6.4	0	1.2	3	1.3
Exercise	0	0.6	5.4	0.6	3	3.2
Squash	0	0	0	0.7	3.4	6.8
Athletics	0	0	0.8	1.2	1.1	1.1
Dancing	0	1.6	0.6	1.1	3.2	1.1
Golf	0	0	0	0.7	1.3	4.2
Gymnastics	0	1.7	0.6	1.1	1	1.3
Aerobics	0	0	0	0	4.6	0.6
Qikong	0	0	2.5	0.4	0	0.6

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

2.11 Badminton, swimming and basketball attracted respondents with higher educational level. For those respondents with lower educational level, variety of sports activities was limited. Jogging, walking and Chinese martial arts/wushu were their popular physical activities.

Table 2.12 Sports participated by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Badminton	16.8	10.7	5.7	22	8.2	1.3
Swimming	16.3	9.9	11	14	3.4	3.8
Basketball	8.9	2	3.3	31.3	0	0.9
Soccer	6.1	2.7	5.2	18.5	0.8	2.5
Jogging	8	3.6	5	11	4.2	8.2
Hiking	3.8	4.1	4.5	2.3	8.9	2.4
Walking	4.2	1.2	3.1	2.4	3.1	8.8
Table Tennis	4.4	2.3	1.7	1.6	0	0.9
Cycling	2.3	4.2	1.8	4	4.3	0
Weight Training	7.7	4.7	1.8	3.1	0.6	1.5
Volleyball	0	0.6	0	10.2	0	0
Tennis	8.1	1.8	0.8	1.6	0	0
Chinese Martial Arts / Wushu	1.9	0	2.2	0	4.4	4.6
Exercise	0.7	1	0.8	2.3	3.1	5.2
Squash	4.5	2.1	2.6	1.5	0	0
Athletics	0.6	0	0	4	0.6	0
Dancing	0.6	1.4	0	1.5	2.5	1.8
Golf	3.8	0.5	1.7	0	0.6	0
Gymnastics	1.5	0.6	0	0.8	1.3	2.7
Aerobics	0.6	1.1	0	0.8	0.8	0
Qikong	1.4	0	0.9	0	0	1.8

Base – all people 15+ years old (base number = 825)

2.12 Badminton and swimming attracted the working population while basketball appeared to be a favourite sport for students. Those retired/unemployed tended to participate in walking, jogging and exercise.

Table 2.13 Sports participated 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
Badminton	9.7	11.7	6.9	10.7	16.3	14.5	21.2
Swimming	4.7	16.1	6.8	10.2	21.8	11.2	31.9
Basketball	8.3	19.5	3.1	5.9	3.3	8.6	8.4
Soccer	6.3	9.1	2.6	9.6	3.7	0	0
Jogging	7.9	7.4	6.3	1.1	9	9.8	15.5
Hiking	5.1	2.8	5.3	5.2	3.4	3	10
Walking	4.7	4.5	2.3	3.5	1.7	2.9	4.9
Table Tennis	0.7	1.5	3	1.1	6.9	5.7	8.6
Cycling	2.7	3.3	1.3	3.3	1.9	0	10
Weight Training	1.2	1.5	3.2	5.4	11.5	5.6	0
Volleyball	3.4	1.5	0	1.2	1.8	0	0
Tennis	0	4.8	0.5	2.3	5.4	7.7	12.7
Chinese Martial Arts / Wushu	3.5	0	1.6	1.2	1.4	5.1	0
Exercise	3.2	4.3	0.5	2.2	1.7	0	0
Squash	0.3	1.4	1.3	4.6	9.2	2.7	0
Athletics	1.7	0	0	0	1.8	0	3.5
Dancing	2.1	0	1.2	0	1.4	0	0
Golf	0.3	0	0	1.1	1.8	2.9	0
Gymnastics	1.9	0	0.7	2.4	0	0	0
Aerobics	0.6	0	0.7	0	3.1	0	0
Qikong	0.7	0	0.8	0	1.7	2.7	0

Base – all people 15+ years old (base number = 734)

2.13 Badminton and swimming appeared to be favourite sports for those with personal income of \$5,001 or above. Those earning between \$1 - \$5,000 were more likely to play basketball.

Table 2.14 Reasons for non-participation during last 3 months

Reasons	(N)	Pct of Responses (%)	Pct of Cases (%)
No time	322	49.4	59.4
Work	119	18.2	21.9
Not interested	56	8.5	10.2
Unhealthy	45	6.8	8.2
Others	37	5.6	6.8
No Companion	19	2.9	3.5
Fear of injuries	15	2.3	2.8
Study	14	2.2	2.6
Lack of appropriate activity	12	1.8	2.1
Domestic Chores	10	1.5	1.8
Hard to book	4	0.6	0.7
Expensive	1	0.1	0.1
Poor skill	1	0.1	0.1

Base – all non-participants (3-month) (base number = 543)

- 2.14 About 57 per cent of respondents in this survey did not participate in any sport activities in the past 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

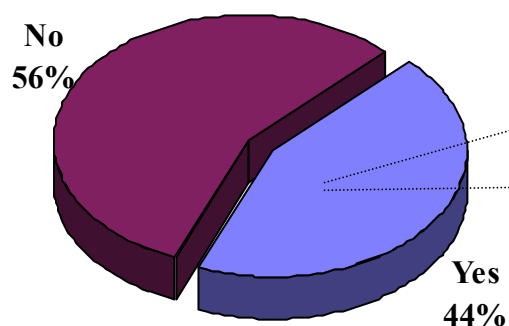
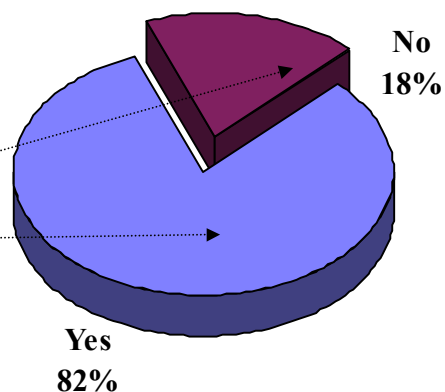


Figure 3.1b: Participation during last 4 weeks



Of those (43.5%) who participated in at least one sport activity in the past three months (Figure 3.1a), most of them (81.7%) continued taking part in sports in the past four weeks before the interviews (Figure 3.1b).

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

Sports	Pct	Sports	Pct
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3rd QUARTERLY SPORTS PARTICIPATION SURVEY 2001

Badminton	7	Exercise	1.5
Basketball	5.1	Chinese Martial Arts / Wushu	1.3
Swimming	3.9	Volleyball	0.9
Jogging	3.6	Tennis	0.9
Soccer	3	Athletics	0.9
Hiking	2.8	Squash	0.8
Walking	2.1	Golf	0.7
Table Tennis	1.7	Dance	0.7
Weight Training	1.6	Gymnastics	0.6
Cycling	1.6		

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

Base – all people 5+ years old (base number = 983)

- 3.2 When asked the types of sports that the respondents played in the past four weeks, badminton (7%) topped the list, followed by basketball (5.1%) and swimming (3.9%). Sports that required no specific facilities and equipment, like jogging 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
Badminton	6.7	11.4	7.4	12.7
Basketball	8.7	14.3	1.5	3.3
Swimming	4.8	12	3	9.4
Jogging	3.5	5.8	3.8	6.3
Soccer	5.9	11.8	0	1.1
Hiking	2.4	3.5	3.2	5
Walking	1.3	3	2.8	4.3
Table Tennis	3.1	5.7	0.3	0.9
Weight Training	1.6	2.5	1.5	3.2
Cycling	1.9	4.4	1.4	2.1
Exercise	0.7	0.7	2.3	3.1
Chinese Martial Arts / Wushu	0.8	1.4	1.9	2.5
Volleyball	0.9	2.2	0.9	1.8
Tennis	1.1	2.7	0.6	1.3
Athletics	0.9	1.9	1	1.3
Squash	0.8	2.1	0.8	1.5
Golf	1	1.4	0.4	0.6
Dance	0	0	1.4	3.1
Gymnastics	0	0.5	1.3	1.5

Base – all people 5+ years old (base number = 983)

3.3 Male respondents tended to be active in basketball in the past four weeks while their counterparts were more likely to play badminton during the same period of time.

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
Badminton	9.3	23.2	10.2	7.2	6.6	3.8	0	0
Basketball	2.4	24.5	15.9	2.2	1.1	1	0	0
Swimming	9.4	5.1	3.7	2.2	4.9	5.9	0	2.1
Jogging	2.2	1.4	6.6	1.6	3	3.8	9.2	2
Soccer	4.3	4.5	7.4	4.6	1.1	1	0	0
Hiking	1.2	0	1.2	2.7	3.8	4.5	2.8	4.2
Walking	0	0	0	1.1	3.8	1.5	0	8.5
Table Tennis	1.8	9	1.2	0.6	2	2.1	0	0
Weight Training	0	0	1.8	3.4	2.2	1.8	0	0
Cycling	6.8	0	1.2	1.7	2.2	0.7	1.8	0
Exercise	1.4	1.4	0.6	1	1.8	2.2	0	4.2
Chinese Martial Arts / Wushu	0.8	0	0	0	0	3.5	7.4	2.1
Volleyball	0	2.8	4.9	0	0	0	0	0
Tennis	0.6	0	0.6	1.6	2	0	0	0
Athletics	2.8	5.1	1.8	0	0.4	0	0	0
Squash	0	3.7	0.6	1.6	0.5	0	0	0
Golf	0.6	0	0	1.6	0.9	1	0	0
Dance	5.4	1.4	0.6	0	0.8	0	0	0
Gymnastics	0.8	0	0.6	0.5	0.4	0.7	2.8	0

Base – all people 5+ years old (base number = 983)

- 3.4 Badminton tended to be the most favourite sport for people aged between 25 and 44. Teenagers in the age of 14-24 appeared to be active in basketball. Respondents aged 55 or above were more likely to participate in jogging and walking.

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

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Badminton	0	0.6	3.9	4.9	10.2	11.5
Basketball	0	0	0	4.5	12.1	5.1
Swimming	0	2.4	4	2.6	3.4	5.9
Jogging	0	2.2	6.7	3.1	3.1	5.6
Soccer	0	0	1.8	4.4	4.4	2.2
Hiking	5.9	4.7	0.8	2.2	3.5	4
Walking	5.9	3.7	2.5	1	4	2.2
Table Tennis	0	0	1.7	0.3	0	4
Weight Training	0	0	0	0.8	3.6	5.8
Cycling	0	0.6	0	2.3	2.7	1.3
Exercise	0	0.6	3.7	0.6	3	2.1
Chinese Martial Arts / Wushu	0	5.8	0	0.5	1	1.3
Volleyball	0	0	0	1.2	4.3	0
Tennis	0	0	0	0.3	0	4.6
Athletics	0	0	0	0.6	1.1	0.6
Squash	0	0	0	0	1	2.7
Golf	0	0	0	0.7	0	2.8
Dance	0	0	0	0.5	0	0.6
Gymnastics	0	1.7	0.6	0.3	1	0.6

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

- 3.5 Badminton and basketball attracted respondents with higher educational level. For those respondents with lower educational level, variety of sports activities was limited. Chinese martial arts/wushu, hiking and walking were their popular physical activities.

Table 3.6 Sports participated by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Badminton	11.4	3.9	1.7	11	4.6	1.3
Basketball	2.3	1.5	0.9	19.4	0	0
Swimming	5.2	4.1	4.9	2.4	0	2.5
Jogging	3.7	2.1	3.2	7.9	2	6.7
Soccer	3.8	1.7	2.6	7.2	0	2.5
Hiking	2.3	3.1	3.5	1.6	4.8	2.4
Walking	4.2	0.6	1.5	0	1.9	7.1
Table Tennis	3.7	0	0.9	0.8	0	0
Weight Training	5.6	1.6	0.9	1.5	0.6	0.7
Cycling	1.5	1.9	0.9	1.6	2.5	0
Exercise	0.7	1	0.8	0.8	3.1	3.5
Chinese Martial Arts / Wushu	1.4	0	1.3	0	2.5	4.6
Volleyball	0	0	0	6.3	0	0
Tennis	4.2	0.6	0	0.8	0	0
Athletics	0	0	0	2.4	0.6	0
Squash	2.1	0.6	0	0.8	0	0
Golf	3	0	0.9	0	0.6	0
Dance	0	0.9	0	0.8	0	0
Gymnastics	0.7	0	0	0.8	1.3	1.9

Base – all people 15+ years old (base number = 825)

3.6 Badminton appeared to attract the professionals and semi-professionals while swimming tended to be a favourite sport for clerical and production workers. Students were more active in basketball. Those retired/unemployed were more likely to participate in walking and jogging.

Table 3.7 Sports participated 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
Badminton	5.4	7.3	1.8	4.2	8.8	11.8	12
Basketball	4.4	13.5	1.2	3.6	3.3	3	0
Swimming	1	4.5	1.5	4.3	9.1	2.7	14.3
Jogging	4.8	4.4	3.2	1.1	3.3	9.8	10.4
Soccer	3.4	3	1.3	6.1	1.8	0	0
Hiking	3.3	2.8	3.3	4.3	1.7	3	5.1
Walking	3.4	0	1.6	2.3	0	0	4.9
Table Tennis	0.3	0	0.7	0	6.9	3	8.6
Weight Training	0.5	0	1.9	3.1	5.2	2.7	0
Cycling	1.6	1.8	0	2.1	0	0	4.9
Exercise	2.5	1.4	0.5	2.2	1.7	0	0
Chinese Martial Arts / Wushu	2.9	0	1	0	0	5.1	0
Volleyball	2	1.5	0	0	0	0	0
Tennis	0	1.5	0	2.3	3.5	2	4.6
Athletics	1.1	0	0	0	0	0	0
Squash	0.3	0	0	1.1	3.7	0	0
Golf	0.3	0	0	0	0	2.9	0
Dance	0.3	0	0	0	1.4	0	0
Gymnastics	1.6	0	0.7	0	0	0	0

Base – all people 15+ years old (base number = 734)

3.7 Badminton and swimming appeared to be favourite sports for those with personal income of \$15,001 or above. Those earning between \$1 - \$5,000 were more likely to play basketball.

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

Reasons	(N)	Pct of Responses (%)	Pct of Cases (%)
No time	49	56.8	65
Study	11	12.9	14.8
Work	10	11.8	13.5
Others	6	7.2	8.2
Not interested	3	3.7	4.2
Unhealthy	3	3.6	4.1
No Companion	1	1.7	1.9
Hard to book	1	1.3	1.5
Domestic Chores	1	1	1.1

Base – all non-participants (4-week) (base number = 76)

- 3.8 For those who participated in sports in the last quarter, about 18 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	139	31.8
1-2 times per week	158	36.3
3-5 times per week	48	11.1
Almost daily	74	17
Forgotten / hard to say	17	3.9

Base – all participants (4-week) (base responses = 436)

- 4.1 When asked how often the respondents participated in sports, about 36 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	8	1.8
About 15-30 mins	54	12.5
About 31-60 mins	136	31.4
More than 1 hour	228	52.6
Forgotten / hard to say	8	1.7

Base – all participants (4-week) (base responses = 434)

- 4.2 As regards the duration, over half of the responses (52.6%) were more than one hour for each session.

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

3rd QUARTERLY SPORTS PARTICIPATION SURVEY 2001

	1-3 times/mth	1-2 times/wk	3-5 times/wk	Almost daily	Hard to say
Badminton	43.4	35.3	10.6	4.9	5.8
Basketball	38.4	41.9	9.4	6.8	3.5
Swimming	34	46.6	6.4	8	5.1
Jogging	17.2	24	18.2	37.3	3.3
Soccer	42.9	34	18.1	1.3	3.7
Hiking	43.6	26.8	3	26.6	0
Walking	20.5	24.2	9.2	46.1	0
Table Tennis	42.3	27.5	11	9.6	9.6
Weight Training	19.3	50.1	12.7	17.9	0
Cycling	32.1	26.6	23.3	15.5	2.5
Exercise	17.6	17.8	5.3	52.3	7
Chinese Martial Arts / Wushu	0	12.8	0	87.2	0
Volleyball	31	40.4	19.2	0	9.4
Tennis	39.1	60.9	0	0	0
Athletics	11.5	34.1	19.7	19.1	15.5
Squash	37.4	62.6	0	0	0
Golf	54.2	45.8	0	0	0
Dance	12.3	87.7	0	0	0
Gymnastics	12.5	29.1	20.8	37.6	0

Base – all sports and activities (4-week) (base responses = 436)

- 4.3 Respondents appeared to participate in jogging, walking, exercise, Chinese martial arts/wushu and gymnastics more frequently.

Table 4.4 Frequency by Sex (%)

	Male	Female
1-3 times per month	35.8	26.4
1-2 times per week	38.8	32.9
3-5 times per week	11	11.1
Almost daily	11.3	24.8
Hard to say	3.1	4.8

Base – all participants (4-week) (base responses = 436)

- 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	24.4	26.9	39.8	51.6	31.9	15.8	19.2	0
1-2 times per week	52.2	48.1	34.2	34.3	39.3	44.1	0	8.4
3-5 times per week	14.1	7.2	16.8	11.2	13.6	9.1	0	0
Almost daily	2.7	10.6	4.7	1.5	9.5	31	80.8	91.6
Hard to say	6.6	7.2	4.6	1.5	5.8	0	0	0

Base – all participants (4-week) (base responses = 436)

- 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
Badminton	0	10.7	35.9	49.4	4
Basketball	0	7.5	31.1	59.6	1.7
Swimming	0	12.9	39.5	45.3	2.4
Jogging	9.2	23.5	45.1	22.1	0
Soccer	0	1.3	17.5	81.2	0
Hiking	0	0	7.3	92.7	0
Walking	0	25.9	34.6	39.5	0
Table Tennis	0	18.3	57.7	24	0
Weight Training	0	10.6	46.9	42.4	0
Cycling	0	26.1	32.7	38.8	2.4
Exercise	12.5	17.9	44.2	25.3	0
Chinese Martial Arts / Wushu	0	36.6	32.4	31	0
Volleyball	0	0	0	90.6	9.4
Tennis	0	0	36.5	52.8	10.7
Athletics	0	23.8	39.2	32.7	4.4
Squash	0	0	11.1	88.9	0
Golf	0	0	0	100	0
Dance	0	0	42.8	57.2	0
Gymnastics	0	0	12.5	79.7	7.8

Base – all sports and activities (4-week) (base responses = 434)

- 4.6 Respondents tended to play sports more than one hour per session, except for jogging, table tennis, weight training, exercise, Chinese martial arts/wushu and athletics.

Table 4.7 Duration by Sex (%)

	Male	Female
Less than 15 mins	1.4	2.2
15-30 mins	9.1	17
31-60 mins	30.3	32.8
More than 1 hr	57.6	45.9
Hard to say	1.5	2.1

Base – all participants (4-week) (base responses = 434)

- 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	0	2.5	1.9	0	1.4	2.1	11.6	0
15-30 mins	8.4	20.1	8.3	2.6	11.5	17.8	19.2	33.3
31-60 mins	45.9	32.6	18.6	32	35.9	33.6	26.8	41.4
More than 1 hr	41.9	44.7	65.8	65.4	49.8	46.5	42.4	25.2
Hard to say	3.9	0	5.5	0	1.4	0	0	0

Base – all participants (4-week) (base responses = 434)

- 4.8 Respondents aged between 10 and 64 tended to play sports more than 1 hour per session.

Table 4.9 Companion of participation

Companion	(N)	Pct of Cases (%)
Parents	17	5.0
Children	11	3.3
Friends	147	42.6
Siblings	5	1.3
Relatives	15	4.4
Colleagues	13	3.7
Classmates	48	13.8
Alone	81	23.6
Others	8	2.2

Base – all participants (base number = 346)

- 4.9 Over 40 per cent of the sports participants appeared to play sports with their friends while those playing sports alone constituted about 24 per cent.

Table 4.10 Companion by Age (%)

	5 - 9	10 - 14	15 – 24	25 – 34	35 - 44	45 - 54	55 - 64	65 or above
Parents	43.3	7.1	0	1.5	1.6	0	0	0
Children	0	0	0	3.1	7.8	0	0	15.4
Friends	23.3	38.1	48.6	61.5	39.1	13.8	47.4	42.3
Siblings	6.7	2.4	2.8	0	0	0	0	0
Relatives	0	4.8	1.4	4.6	10.9	6.9	0	0
Colleagues	0	0	0	7.7	10.9	3.4	0	0
Classmates	23.3	40.5	30.6	1.5	1.6	0	0	0
Alone	0	7.1	15.3	20.0	28.1	65.5	52.6	34.6
Others	3.3	0	1.4	0	0	10.3	0	7.7

Base – all participants (base number = 347)

- 4.10 Children aged between 5-9 tended to play sports with their parents while those in the age of 15-44 or older than 64 appeared to play with their friends. Respondents aged between 45 and 64 played sports alone.

Table 4.11 Companion by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Parents	0	0	0	0	0	2.4
Children	0	16.0	2.9	5.8	2.7	0
Friends	0	60.0	44.1	41.9	43.2	50.6
Siblings	0	0	0	0	5.4	0
Relatives	0	4.0	0	8.1	5.4	3.6
Colleagues	0	0	5.9	3.5	5.4	6.0
Classmates	0	0	0	15.1	16.2	4.8
Alone	50.0	20.0	47.1	23.3	16.2	31.3
Others	50.0	0	0	2.3	5.4	1.2

Base – all 15+ year-old participants (base number = 269)

4.11 Sports participants with primary, and upper secondary educational level or higher 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	1.5	2.5	0	0	0	0
Children	0	5.0	6.9	0	7.1	9.1
Friends	43.9	45.0	34.5	46.8	46.4	54.5
Siblings	0	0	0	3.2	0	0
Relatives	9.1	5.0	10.3	1.6	7.1	0
Colleagues	13.6	0	6.9	0	0	0
Classmates	0	5.0	0	33.9	0	2.3
Alone	31.8	35.0	41.4	12.9	28.6	29.5
Others	0	2.5	0	1.6	10.7	4.5

Base – all 15+ year-old participants (base number = 269)

4.12 All the occupational groups appeared to play sports with their friends, except for production workers.

Table 4.13 Facilities in use

Facilities	(N)	Pct of Cases (%)
Leisure & Cultural Services Department	200	58.3
Private clubs	61	17.7
Home	25	7.4
Community halls	7	1.9
Schools	25	7.3
Facilities managed by other voluntary organisations	3	0.8
Facilities managed by the Agriculture, Fisheries and Conservation Department	15	4.5
Others	7	2

Base – all participants (base number = 343)

- 4.13 Majority of the respondents used to play sports in the facilities managed by the Leisure & Cultural Services Department (58.3%). Facilities managed by private clubs constituted about 18 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	53.3	58.5	68.1	63.6	51.6	46.7	52.9	61.5
Private clubs	20.0	7.3	8.3	27.3	30.6	20.0	11.8	0
Home	3.3	4.9	5.6	1.5	8.1	16.7	23.5	15.4
Community halls	3.3	4.9	1.4	0	1.6	0	0	7.7
Schools	16.7	19.5	16.7	0	0	0	0	0
Voluntary organisations	3.3	2.4	0	0	1.6	0	0	0
Agriculture, Fisheries and Conservation Department	0	0	0	7.6	3.2	16.7	0	7.7
Others	0	2.4	0	0	3.2	0	11.8	7.7

Base – all participants (base number = 344)

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	47.0	61.9	46.2	66.1	59.3	70.7
Private clubs	40.9	26.2	15.4	8.1	11.1	2.4
Home	7.6	2.4	19.2	4.8	22.2	4.9
Community halls	0	2.4	0	1.6	0	4.9
Schools	0	0	0	19.4	0	0
Voluntary organisations	0	2.4	0	0	0	0
Agriculture, Fisheries and Conservation Department	4.5	4.8	15.4	0	3.7	7.3
Others	0	0	3.8	0	3.7	9.8

Base – all 15+ year-old participants (base number = 264)

- 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 professionals 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	730	46.1	74.4
Good physical fitness	397	25.1	40.5
Enhance mental intelligence	38	2.4	3.9
Body flexibility	125	7.9	12.8
Enrich social life / make more friends	37	2.3	3.8
Release work pressure	76	4.8	7.7
Enjoyment	80	5	8.1
Develop potentials	18	1.1	1.8
Family members are involved	16	1	1.6
Others	19	1.2	1.9
Don't know / hard to say	50	3.1	5

Base – All people 5+ years old (base number = 981)

- 5.1 A majority of the respondents (74.4%) 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	295	46.7
No	293	46.3
Don't know / hard to say	45	7.1

Base – all non-participants (base number = 632)

- 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 47 per cent of them indicated possibility of sports participation in the future.

Figure 5a

Attitudes Vs Participation

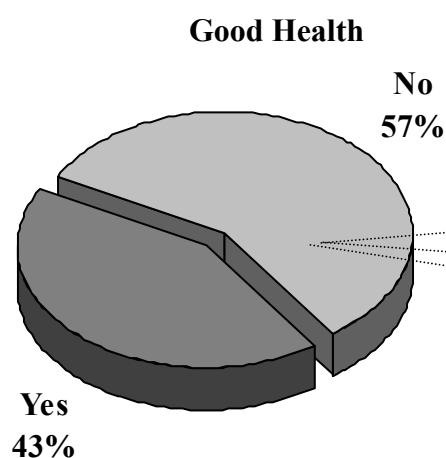
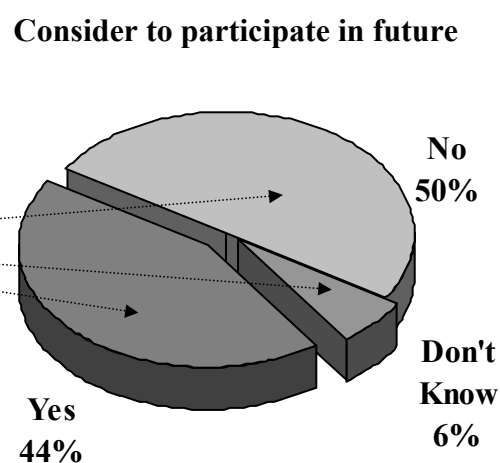


Figure 5b

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 57 per cent of them did not participate in sports in the past quarter. Of these non-participants, about 50 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 in sports participation.

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	82.1	78.6	71.4	58.8	54.9	44.4	30.8	9.3
No	17.9	21.4	28.6	41.2	45.1	55.6	69.2	90.7

Base – all non-participants (base number = 588)

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	6.5	29.1	44.0	52.7	67.4	69.7
No	93.5	70.9	56.0	47.3	32.6	30.3

Base – all 15+ year-old non-participants (base number = 529)

- 5.4 Willingness to participate in sports in future increased when educational level of respondents increased.

Table 5.5 Sports to be considered participating (%)

Sports	Pct	Sports	Pct
Badminton	38.6	Aerobic Dance	3.4
Swimming	25	Chinese Martial Arts / Wushu	3.2
Basketball	14.3	Walking	3.1
Jogging	12.5	Dance	2.4
Soccer	10	Tennis	2.3
Table Tennis	8	Athletics	1.7
Hiking	6.5	Gymnastics	1.7
Cycling	5.7	Qikong	1.5
Weight Training	5.1	Tenpin Bowling	0.9
Squash	4.2	Baseball	0.7
Volleyball	4.2	Taekwondo	0.5
Exercise	3.7		

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

Base – all non-participants (base number = 268)

- 5.5 The order of top ten sports differed slightly from the actual participation. Badminton topped the list, followed by swimming, basketball, jogging, soccer, table tennis, hiking, cycling, weight training, squash and volleyball.

6. Self-Assessment

Table 6.1 Physical fitness level

Condition	(N)	Pct of Cases (%)
Excellent	57	5.9
Quite good	261	27.1
Average	484	50.4
Quite poor	148	15.4
Very poor	10	1.1

Base – all respondents (base number = 960)

- 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 (83.4%) rated themselves as average to excellent. Only about 17 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	6.7	5.2
Quite good	30.1	24.3
Average	48.2	52.6
Quite poor	14.3	16.5
Very poor	0.6	1.4

Base – all respondents (base number = 960)

- 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	6.3	5.7	2.1	3.6	5.7	9.7	7.3	11.1
Quite good	36.5	30.0	22.2	27.0	25.8	35.4	24.4	22.2
Average	41.3	48.6	54.9	55.6	52.6	41.6	54.9	42.4
Quite poor	14.3	15.7	18.8	13.3	14.9	11.5	13.4	22.2
Very poor	1.6	0	2.1	0.5	1.0	1.8	0	2.0

Base – all respondents (base number = 961)

- 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	6.6	5.4
Quite good	36.9	19.4
Average	46.1	54.0
Quite poor	10.4	19.3
Very poor	0	1.9

Base – all respondents (base number = 958)

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

Table 6.5 Health condition

Health Condition	(N)	Pct of Cases (%)
Excellent	59	6.1
Quite good	309	31.9
Average	491	50.7
Quite poor	103	10.6
Very poor	7	.7

Base – all respondents (base number = 968)

- 6.5 Referring to the health condition, about 89 per cent of respondents considered having average health condition or above compared with people of same age and sex.

Table 6.6 Health condition by Gender (%)

	Male	Female
Excellent	7.7	4.5
Quite good	37.0	26.8
Average	46.6	54.7
Quite poor	8.1	13.1
Very poor	0.6	0.8

Base – all respondents (base number = 969)

- 6.6 Relatively speaking, male respondents appeared to be more confident of their health condition than their counterparts.

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	9.6	2.8	2.1	6.2	10.5	3.5	11.1
Quite good	38.1	34.2	33.8	35.4	27.8	39.5	24.7	22.2
Average	47.6	42.5	53.1	51.8	53.1	43.0	62.4	46.5
Quite poor	6.3	12.3	10.3	10.3	11.3	7.0	7.1	20.2
Very poor	0	1.4	0	0.5	1.5	0	2.4	0

Base – all respondents (base number = 968)

- 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	6.8	5.5
Quite good	37.7	27.3
Average	48.6	52.4
Quite poor	6.6	13.7
Very poor	0.2	1.1

Base – all respondents (base number = 966)

- 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	463	47.3
No	517	52.7

Base – all people 5+ years old (base number = 979)

- 7.1 About 47 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	50.6	44.0
No	49.4	56.0

Base – all people 5+ years old (base number = 979)

- 7.2 Male respondents were more likely to purchase sports-related goods and services in the past twelve months than their counterparts.

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	54.0	69.4	69.4	61.6	46.7	34.2	24.7	3.8
No	46.0	30.6	30.6	38.4	53.3	65.8	75.3	96.2

Base – all people 5+ years old (base number = 978)

- 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	12.8	17.6	32.3	48.8	69.5	68.4
No	87.2	82.4	67.7	51.2	30.5	31.6

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

- 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 (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Yes	65.3	48.1	34.9	72.1	32.3	18.4
No	34.7	51.9	65.1	27.9	67.7	81.6

Base – all people 15+ years old (base number = 821)

- 7.5 Among those being employed, the professional group was more willing to spend money on sports (65.3%) than clerical (48.1%) and production workers (34.9%). 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	34.3	49.2	37.5	53.8	83.1	56.4	78.3
No	65.7	50.8	62.5	46.2	16.9	43.6	21.7

Base – all people 15+ years old (base number = 731)

- 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	70.7	29.3
No	29.3	70.7

Base – all people 5+ years old (base number = 978)

- 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 respondents purchased

Types of goods /services	(N)	Pct of Responses (%)	Pct of Cases (%)
Equipment	231	33.7	50.7
Sports clothing	223	32.5	48.8
Entrance fee / membership fee	105	15.4	23.1
Training fee	29	4.2	6.4
Tickets for matches	3	0.4	0.6
Venue charges	87	12.7	19.1
Sports magazine / books	5	0.8	1.2

Base – all people who spent money on sports (base number = 456)

- 7.8 The items that the respondents usually purchased were predominantly equipment (33.7%) and sports clothing (32.5%).

Table 7.9 Average monthly spending on sports

Amount	(N)	Pct of Cases (%)
\$100 or below	147	40.9
\$101 - \$250	78	21.8
\$251 - \$350	37	10.4
\$351 - \$500	44	12.3
\$501 - \$1,000	33	9.2
More than \$1,000	19	5.3

Base – all respondents who spent money on sports in the past year (base number = 358)

- 7.9 Respondents were asked to state approximately how much they spent on sports items per month. Most of the respondents (40.9%) spent about \$100 or below per month. The annual sports spending of an individual respondent was about \$4,168.

8. Impression of Scuba Diving, Snorkelling and Fin Swimming

Table 8.1 Any children studying in primary or secondary schools

	(N)	Pct of Cases (%)
Yes	223	26.8
No	610	73.2

Base – all respondents 10+ years old (base number = 833)

- 8.1 About 27 per cent of respondents said they had children studying in primary or secondary schools.

Table 8.2 Impression of scuba diving

	(N)	Pct of Responses (%)	Pct of Cases (%)
Dangerous	55	21	25.3
Healthy	24	9.3	11.1
Must know how to swim	17	6.7	8
Expensive	16	6.2	7.4
Others	16	6.1	7.4
Not attractive	11	4.1	4.9
Free and comfortable	11	4.1	4.9
Difficult to master	8	3	3.6
Not dangerous	8	3	3.5
Enhance fitness	7	2.6	3.2
Not suitable to play in Hong Kong	4	1.5	1.8
Not suitable for female	4	1.4	1.7
Sport for adults	3	1.2	1.5
Great demand in stamina	2	0.7	0.8
Enhance patience	1	0.4	0.5
Sport with beautiful postures	1	0.3	0.4
Don't know	74	28.3	34

Base – all respondents 10+ years old who had children studying in primary or secondary schools (base number = 217)

- 8.2 When asked about their impression of scuba diving, about 34 per cent of respondents said they didn't know while about 25 per cent of them said it was dangerous.

Table 8.3 Let children learn scuba diving

	(N)	Pct of Cases (%)
Yes	149	74.3

No	51	25.7
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*Base – all respondents 10+ years old who had children studying in primary or secondary schools
(base number = 200)*

- 8.3 If children's school has training programme about scuba diving, about 74 per cent of respondents would let their children learn the sport.

Table 8.4 Reasons for letting children learn scuba diving

	(N)	Pct of Responses (%)	Pct of Cases (%)
Fulfill children's wishes	61	31.8	41.3
Learn more knowledge	29	15.1	19.6
Healthy	26	13.7	17.7
Enhance stamina	26	13.6	17.6
Develop hobby	11	5.6	7.2
Organized by school	10	5.4	7
Others	9	4.7	6.1
Broaden horizon	9	4.5	5.8
Normal activity	7	3.6	4.7
Group activity	2	1.3	1.6
Develop self-confidence	2	0.8	1.1

*Base – all respondents 10+ years old who would let their children learn scuba diving
(base number = 148)*

- 8.4 When asked why respondents would let their children learn scuba diving, most of them (41.3%) said this would fulfil children's wishes while about 20 per cent of them said this would allow their children to learn more knowledge.

Table 8.5 Reasons for not letting children learn scuba diving

	(N)	Pct of Responses (%)	Pct of Cases (%)
Dangerous	33	51.4	63.5

Children do not know how to swim	15	24.3	30
Children are too small	10	15.2	18.8
Do not fully understand the sport	2	3.3	4
Study	1	1.8	2.2
No time	1	1.6	2
Too expensive	1	1.3	1.6
Engaged in other activities already	1	1.3	1.6

*Base – all respondents 10+ years old who would not let their children learn scuba diving
(base number = 51)*

- 8.5 When asked why respondents would not let their children learn scuba diving, most of them (63.5%) said the sport was too dangerous.

Table 8.6 Impression of snorkelling

	(N)	Pct of Responses (%)	Pct of Cases (%)
Dangerous	69	28.9	31.8
Not attractive	13	5.6	6.2
Others	12	5.1	5.6
Healthy	12	4.9	5.4
Must know how to swim	10	4.1	4.5
Difficult to master	7	3.1	3.5
Not dangerous	6	2.7	2.9
Not suitable to play in Hong Kong	5	2.1	2.3
Free and comfortable	5	2.1	2.3
Great demand in stamina	5	2	2.2
Not suitable for female	4	1.6	1.8
Enhance fitness	3	1.4	1.5
Sport for adults	2	0.7	0.8
Enhance patience	1	0.4	0.5
Expensive	1	0.3	0.4
Don't know	83	35	38.4

Base – all respondents 10+ years old who had children studying in primary or secondary schools (base number = 217)

- 8.6 About 38 per cent of respondents didn't know their impression of snorkelling while about 32 per cent of them said the sport was dangerous.

Table 8.7 Let children learn snorkelling

	(N)	Pct of Cases (%)
Yes	132	66.4
No	67	33.6

Base – all respondents 10+ years old who had children studying in primary or secondary schools (base number = 199)

- 8.7 About 66 per cent of respondents would let children learn snorkelling if there was a training programme offered in school.

Table 8.7.1 Let children learn snorkelling by Sex (%)

	Male	Female
Yes	74.4	59.6
No	25.6	40.4

Base – all respondents 10+ years old who had children studying in primary or secondary schools (base number = 199)

- 8.7.1 Male respondents were more likely to let their children learn snorkelling than their counterparts.

Table 8.8 Reasons for letting children learn snorkelling

	(N)	Pct of Responses (%)	Pct of Cases (%)
Fulfill children's wishes	56	36.8	43.8
Learn more knowledge	20	12.9	15.3
Enhance stamina	16	10.5	12.5
Healthy	13	8.6	10.2
Organized by school	12	7.8	9.3
Develop hobby	11	7.1	8.5
Broaden horizon	10	6.6	7.9
Normal activity	7	4.7	5.6
Others	4	2.4	2.8
Group activity	3	1.9	2.3
Develop self-confidence	1	0.5	0.6

Base – all respondents 10+ years old who would let their children learn snorkelling (base number = 129)

- 8.8 When asked why respondents would let their children learn snorkelling, most of them (43.8%) said this would fulfil children's wishes while about 15 per cent of them said this would allow their children to learn more knowledge.

Table 8.9 Reasons for not letting children learn snorkelling

	(N)	Pct of Responses (%)	Pct of Cases (%)
Dangerous	45	60	68
Children do not know how to swim	19	25.3	28.7
Children are too small	8	11.1	12.6
Do not fully understand the sport	2	2.6	3
Engaged in other activities already	1	1.1	1.2

*Base – all respondents 10+ years old who would not let their children learn snorkelling
(base number = 66)*

- 8.9 When asked why respondents would not let their children learn snorkelling, most of them (68%) said the sport was too dangerous.

Table 8.10 Impression of fin swimming

	(N)	Pct of Responses (%)	Pct of Cases (%)
Dangerous	20	8.9	9.4
Difficult to master	11	4.8	5
Not attractive	10	4.6	4.8
Great demand in stamina	8	3.7	3.9
Healthy	8	3.7	3.9
Sport with beautiful postures	7	3.1	3.2
Enhance fitness	5	2.4	2.5
Others	4	1.9	2
Must know how to swim	4	1.6	1.7
Not dangerous	2	0.8	0.9
Enhance patience	2	0.7	0.8
Not suitable for female	1	0.4	0.4
Free and comfortable	1	0.4	0.4
Don't know	142	63.1	66

*Base – all respondents 10+ years old who had children studying in primary or secondary schools
(base number = 216)*

- 8.10 About 66 per cent of respondents didn't know their impression of fin swimming while about 9 per cent of them said the sport was dangerous.

Table 8.11 Let children learn fin swimming

	(N)	Pct of Cases (%)
Yes	133	71.0
No	54	29.0

Base – all respondents 10+ years old who had children studying in primary or secondary schools (base number = 187)

- 8.11 About 71 per cent of respondents would let children learn fin swimming if there was a training programme offered in school.

Table 8.12 Reasons for letting children learn fin swimming

	(N)	Pct of Responses (%)	Pct of Cases (%)
Fulfill children's wishes	68	44.1	51.5
Learn more knowledge	19	12.7	14.8
Enhance stamina	17	11	12.9
Healthy	13	8.1	9.5
Organized by school	9	5.9	6.8
Develop hobby	8	5.2	6.1
Broaden horizon	7	4.7	5.5
Group activity	4	2.8	3.3
Normal activity	4	2.7	3.2
Others	4	2.7	3.2

Base – all respondents 10+ years old who would let their children learn fin swimming (base number = 132)

- 8.12 When asked why respondents would let their children learn fin swimming, most of them (51.5%) said this would fulfil children's wishes while about 15 per cent of them said this would allow their children to learn more knowledge.

Table 8.13 Reasons for not letting children learn fin swimming

	(N)	Pct of Responses (%)	Pct of Cases (%)
Dangerous	25	45	50.5
Children do not know how to swim	18	33.2	37.2
Children are too small	6	10.1	11.4
Do not fully understand the sport	3	5.3	5.9
Engaged in other activities already	1	2	2.2
Children may be too muscular	1	1.6	1.8
Study	1	1.5	1.6
Others	1	1.5	1.6

*Base – all respondents 10+ years old who would not let their children learn fin swimming
(base number = 49)*

- 8.13 When asked why respondents would not let their children learn fin swimming, most of them (50.5%) said the sport was too dangerous.