

Sports Participation Survey
1999
Annual Report

Submitted to

Hong Kong Sports Development Board

by

Social Sciences Research Centre

The University of Hong Kong

EXECUTIVE SUMMARY

The results of the survey are summarised below:

1. Sports Participation

- About 47 percent of the respondents had participated in at least one sports activity during last three months before the interview.
- Men's sports participation was more than that of their counterparts.
- Young people and those with higher educational level were the most active participants.

2. Sports Activities

- The top ten sports and physical recreation in that the respondents had taken part were listed in descending order: swimming (9.6%), badminton (7.4%), basketball (7.2%), soccer (5.9%), walking (4%), jogging (3.9%), hiking (3.4%), cycling (2.4%) and exercise (2.4%).
- Men were most active in basketball and soccer whereas women were in swimming and badminton.

3. Patterns of Participation

- For frequency of sports participation, over one-third of the responses were 1-2 times per week. As regards the duration, about 56 percent of the responses were more than one hour for each session.
- Physical recreation, like Chinese martial arts/wushu, walking, qikong and exercise that was less rigorous and required no specific equipment and facilities, had greater frequency.
- The duration of most sports activities usually lasted for more than one hour per session, except for walking, jogging, exercise, squash and aerobic dance.
- Most people played sports with their friends, especially the young generation (aged 15-44).
- Most sports activities took place in the facilities managed by two former municipal councils.

4. Non-Participation and Future Intention

- Among those non-participants, about 45 percent of them said that they would consider doing some sports in future.
- The five sports they would consider participating in were listed in descending order: badminton (33.8%), swimming (31.1%), basketball (14%), soccer (10%) and squash (8.3%).
- Young people and respondents with higher educational level were more inclined to participate in sports in future.
- About 76 percent of the respondents reckoned sports would be good to health but 54 percent of them had no sports participation at all. Moreover, about 49 percent of them said they would not consider to participate in sports in future even they realised the benefits of it.

5. Self Assessment of Health and Physical Fitness

- About 54 percent of the respondents considered their physical fitness level as “average” and one-third of them were in “excellent” and “quite good” condition.
- Respondents without sport participation were relatively more inclined to consider they having poor physical fitness than sport participants and vice versa. This was the same when respondents were asked to evaluate their health condition.
- Both male and female respondents were confident of their physical fitness and health condition.

6. Spending on Sports

- About 45 percent of the respondents had spent some money on sport-related activities and goods in previous year.
- Respondents with higher educational level and those of younger age were more willing to spend on sports-related goods and services.
- Respondents usually spent money on equipment and sport clothing.
- Most of them spent less than \$100 per month.

INTRODUCTION

It is of the view that Hong Kong lacks a systematic research revealing the up-to-date sports participation pattern of its citizens. 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.

In order to monitor the seasonal variations of the sports participation pattern, the survey was administered by four quarters on 3 & 5 May 1999, 4 & 5 August 1999, 11-12 & 15 November 1999, and 16 & 17 February 2000 respectively. Computer assisted telephone interview method was used. The survey samples comprised respondents aged 10 and above stratified across the whole of the territory.

In this survey year, an additional part was incorporated to investigate child's sports participation patterns. If the respondents have children aged 5-9 living with them, they were further asked to act as the child's surrogates to answer more or less the same questions. As such, a total of 3,731 cases had been conducted. The average response rate was 57.9% with a standard error within 2.

Nevertheless, in order to compare the survey results with that of last year, the data of respondents aged 15 or above will be employed only. A separate analysis for the survey 1999 will be produced for those aged 5 or above.

FINDINGS HIGHLIGHTS

PROFILE OF RESPONDENTS

Table 1: Profile of respondents

Sex	Pct of Cases
Male	48.9%
Female	51.1%

Base – all respondents 5+ years old (base number = 3,731)

Age	Pct of Cases
5 – 9	10.4%
10 – 14	8%
15 – 24	17.2%
25 – 34	17.9%
35 – 44	20.8%
45 – 54	11.7%
55 – 64	6.1%
65 or above	7.9%

Base – all respondents 5+ years old (base number = 3,676)

Education	Pct of Cases
No education / kindergarten	5.5%
Primary	17%
Lower Secondary	17.7%
Upper Secondary	34.6%
Matriculation	8.3%
Post Secondary	16.9%

Base – all respondents 15+ years old (base number = 2,920)

Occupation	Pct of Cases
Professionals & Semi-professionals	16.3%
Clerical & service workers	22.8%
Production workers	15.7%
Students	14.3%
Housewives	17.2%
Others (unemployed, retired, etc.)	13.7%

Base – all respondents 15+ years old (base number = 2,965)

Monthly Personal Income	Pct of Cases
No income	40.8%
\$1 - \$5,000	8.6%
\$5,001 - \$10,000	22.2%
\$10,001 - \$15,000	10.4%
\$15,001 - \$20,000	9.6%
\$20,001 - \$30,000	4.5%
\$30,001 & above	4.1%

Base – all respondents 15+ years old (base number = 2,444)

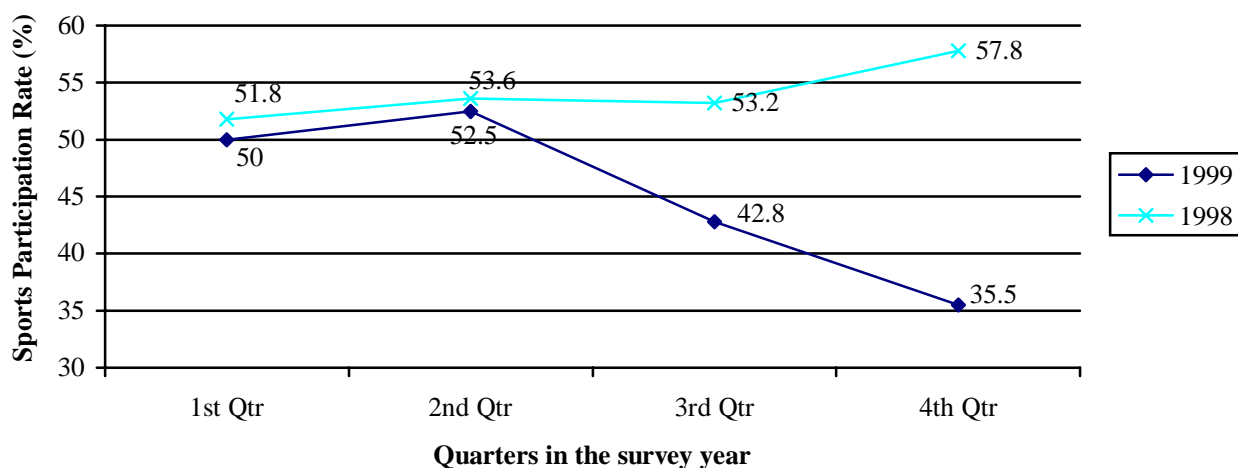
Area	Pct of Cases
Hong Kong	20.1%
Kowloon	29.2%
New Territories	50.7%

Base – all respondents 10+ years old (base number = 3,290)

GENERAL PARTICIPATION

The overall sports participation rate was about 45 percent in 1999, down 9.2% when compared with that of 1998. The pattern of quarterly participation rates in the first and second quarters of 1999 were similar to that of 1998 but it was different in the third and fourth quarters.

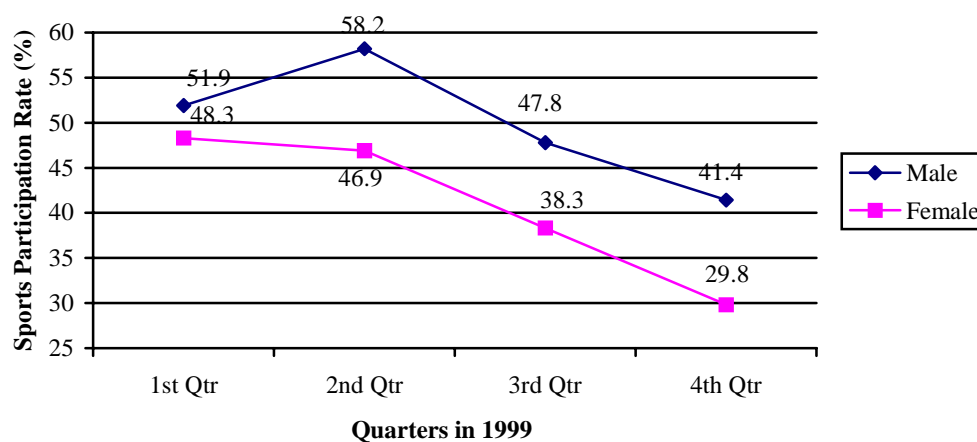
Figure 1: Quarterly participation rates¹



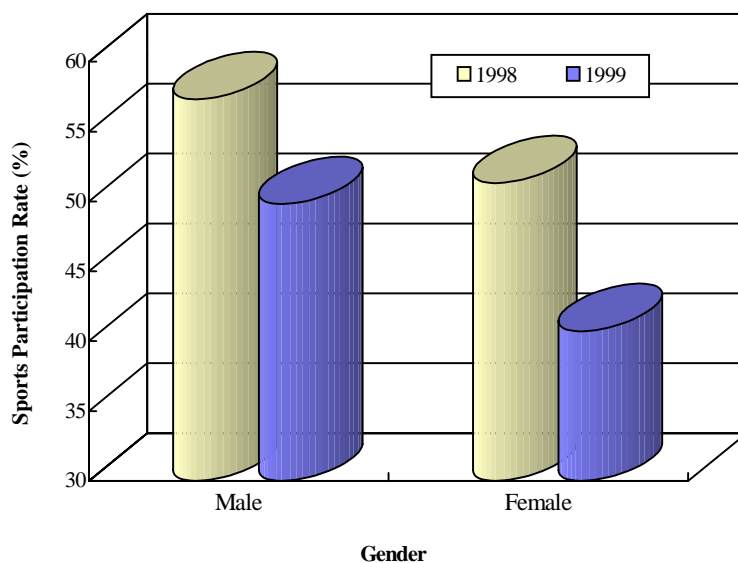
¹ Base - all respondents 15+ years old
(base number for 1st quarter = 724; 2nd quarter = 772; 3rd quarter = 718; 4th quarter = 783)

Gender As shown in Figure 2b, more men (49.8%) took part in sports than women (40.7%) in 1999, with the discrepancy of 9.1 percent. This characteristic was consistent with that of 1998 though the gap was enlarged by around 3%. Similarly, the quarterly sports participation rates of men were higher than those of women across the quarters in 1999 (see Figure 2a). This pattern was similar to that of 1998.

Figure 2a: Quarterly participation rates by Gender in 1999

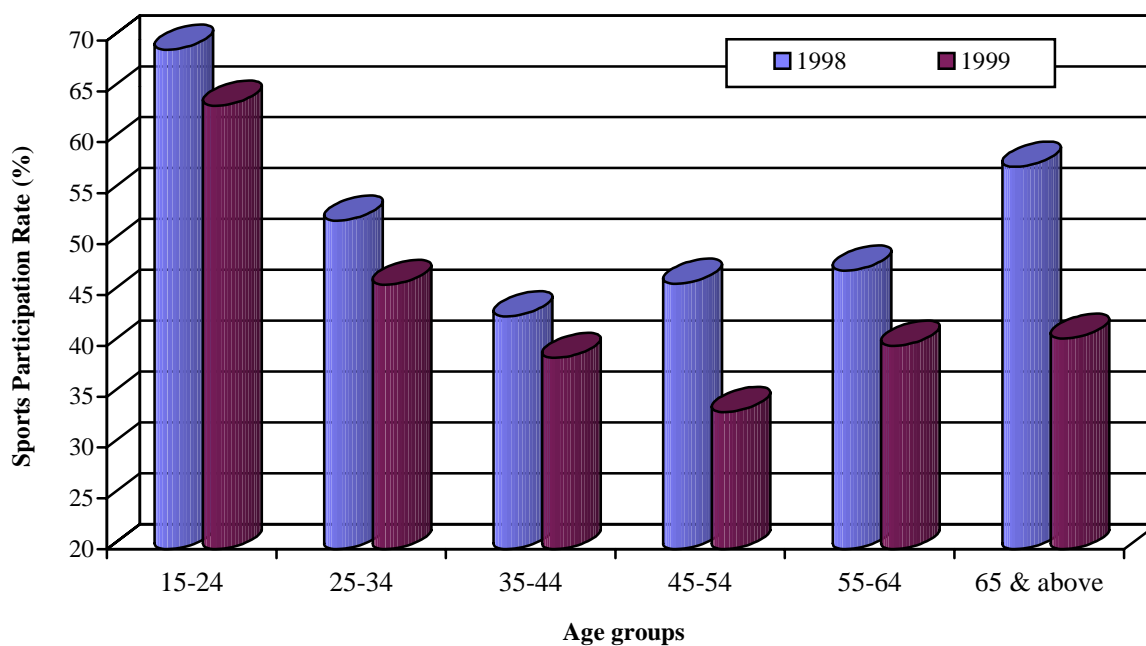


Base – all respondents 15+ years old
(base number for 1st quarter = 724; 2nd quarter = 772; 3rd quarter = 718; 4th quarter = 783)

Figure 2b: Participation rates by Gender between 1998 and 1999

Base – all respondents 15+ years old
(base number for 1999 = 2,997; base number for 1998 = 2,650)

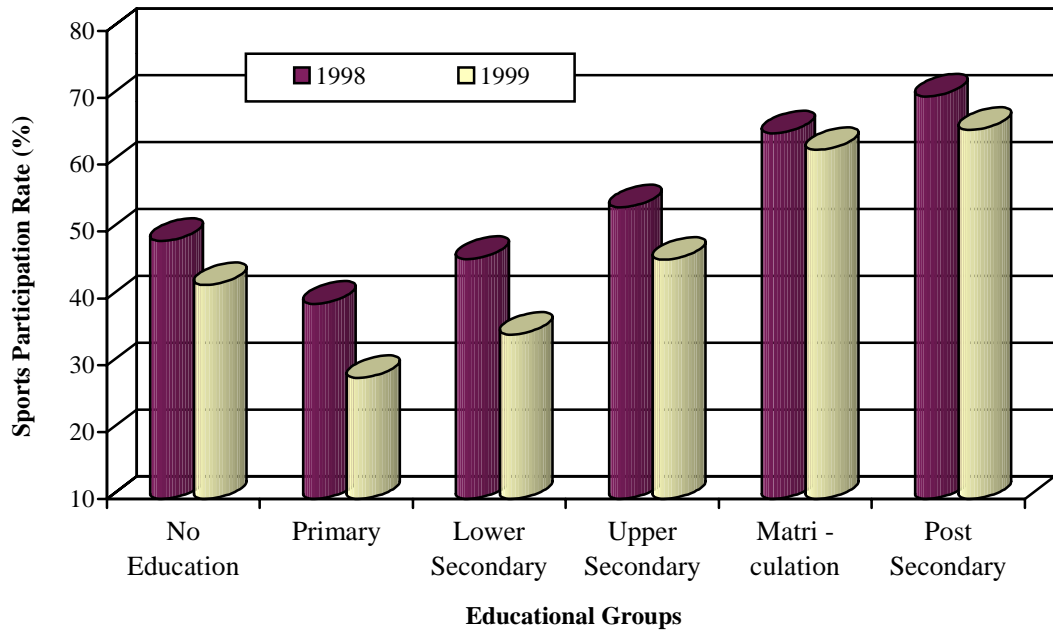
Age Findings in 1999 were consistent with that of 1998 in that sports participation rate of the young generation (15 – 24) was the highest (63.6%) while the participation rate of those in the middle-age ranges (35 – 54) reached the lowest. However, it reverted to an upward trend from middle-aged to the old generation (55 or above). This pattern was like a “U” shape.

Figure 3: Participation rates by Age between 1998 and 1999

Base – all respondents 15+ years old
(base number for 1999 = 2,997; base number for 1998 = 2,541)

Education Echoed with the findings in 1998, the participation rate was strongly influenced by the educational level. In general, the higher the educational level the respondents, the higher the sports participation rates. Those with Primary level of education were the most inactive in sports participation (28.1%) while those respondents with post secondary level (65.2%) had the highest participation rate.

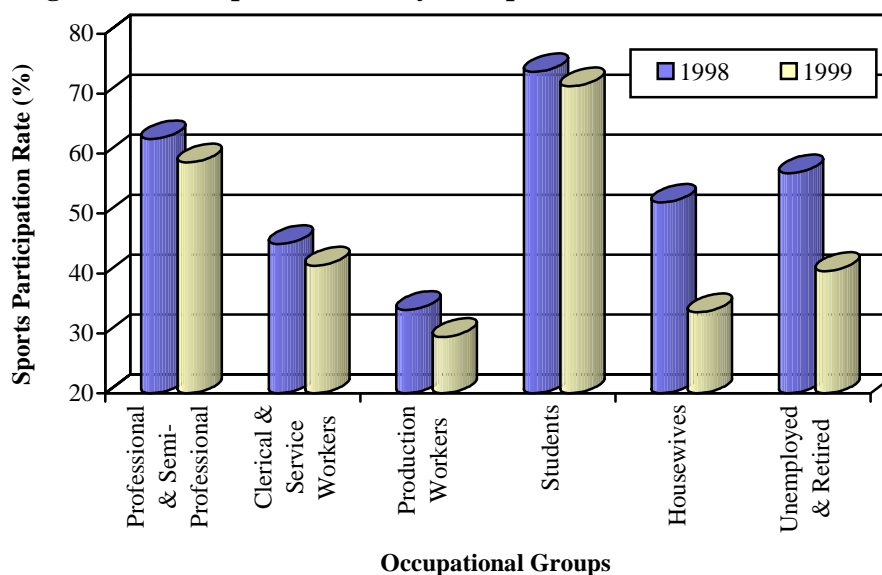
Figure 4: Participation rates by Education between 1998 and 1999



*Base – all respondents 15+ years old
(base number for 1999 = 2,997; base number for 1998 = 2,608)*

Occupation Like the results in 1998, among those being employed, the professionals had the highest sports participation rate (58.5%) whereas production workers had the lowest participation rate (29.4%). The clerical and service workers came in between these two categories. Students remained as the most active players in sport activities throughout the whole year. Those unemployed and retired respondents had higher participation rate than housewives.

Figure 5: Participation Rates by Occupation between 1998 and 1999

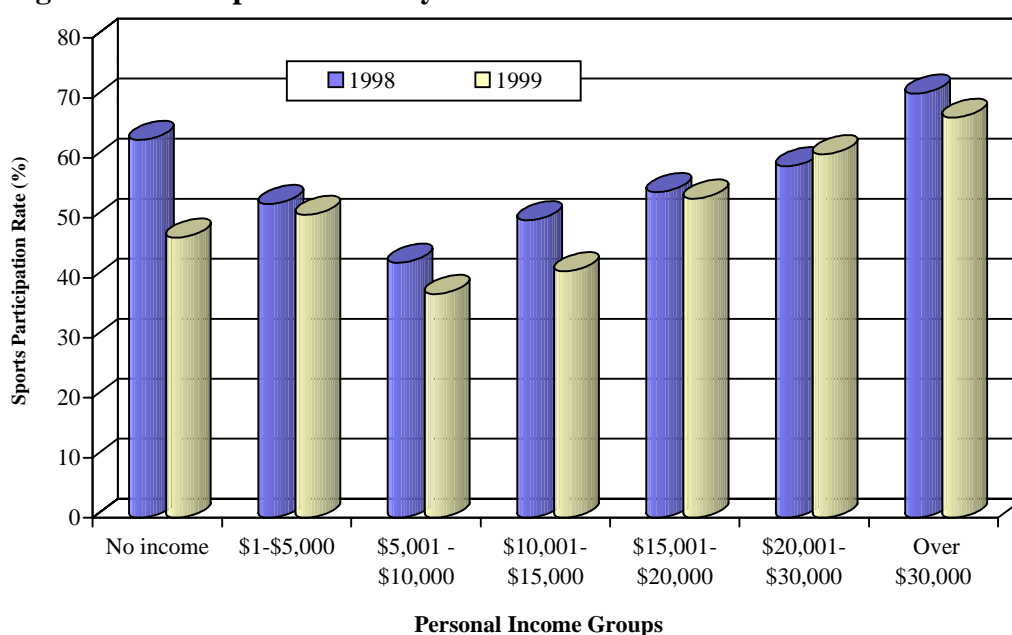


*Base – all respondents 15+ years old
(base number for 1999 = 2,963; base number for 1998 = 2,615)*

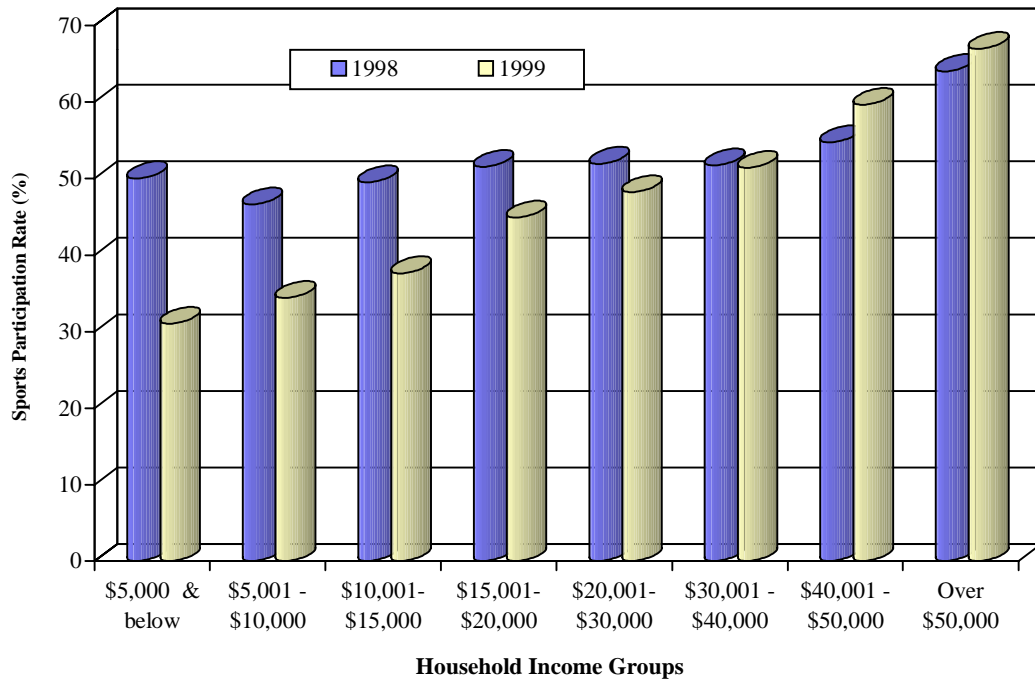
Income Similar to that of previous year, the participation rates increased with monthly personal income level from \$5,001 onwards. The income group earning over \$30,000 was most active in sports whereas respondents with personal income \$5,001-\$10,000 were most inactive.

In general, the pattern of sports participation rate by household income in 1999 was similar to that of previous survey year. The higher the household income level, the higher the sports participation rate. However, the participation rates of each household income level in 1999 were lower than that of 1998, except for the range of \$40,000 or above.

Figure 6: Participation rates by Personal income between 1998 and 1999



*Base – all respondents 15+ years old
(base number for 1999 = 2,442; base number for 1998 = 2,255)*

Figure 7: Participation rates by Household income between 1998 and 1999

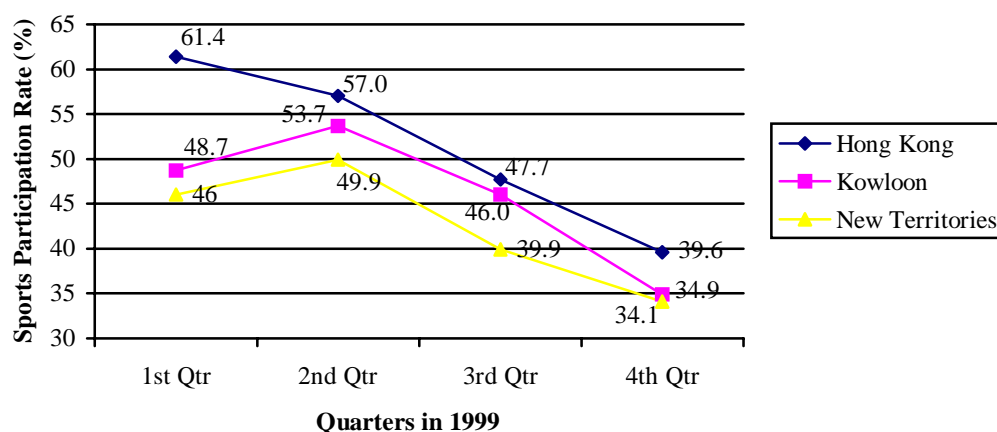
Base – all respondents 15+ years old

(base number for 1999 = 1,592 ; base number for 1998 = 1,341)

Area As indicated in Figure 8b, respondents resided on Hong Kong side had the highest participation rate (61.4%) than those living in Kowloon (48.7%) and the New Territories (46%). This pattern slightly differed from that of previous year in that those living in the New Territories had slightly lower participation rate than those in Kowloon. The overall sports participation rates in each area were lower than that of 1998.

Regional variations in sports participation persisted. Across the four quarters in 1999, people living on Hong Kong Island had higher sports participation rate than those residing in Kowloon and the New Territories. The pattern was similar in that the sports participation rates of each area declined starting from the second quarter and their inter-area differences were diminished.

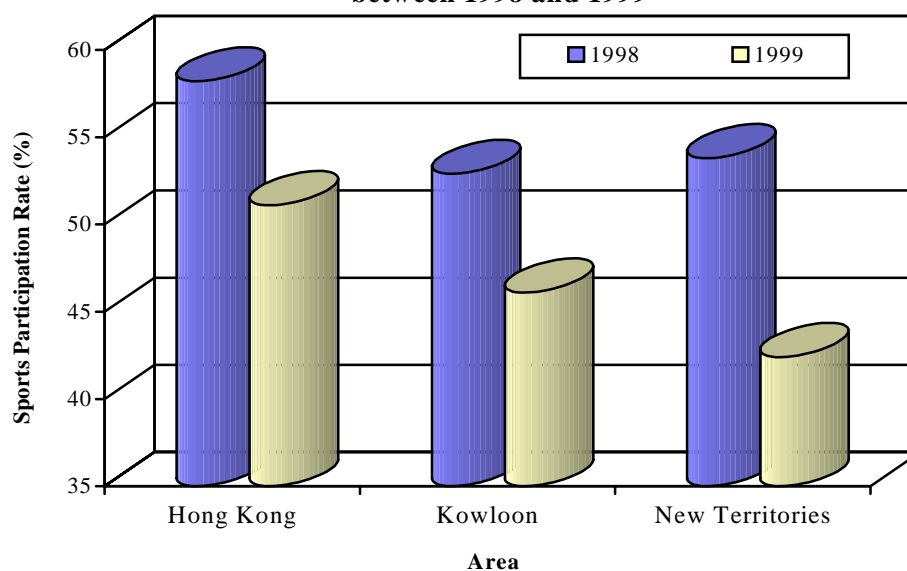
Figure 8a: Quarterly participation rates by Area in 1999



Base – all respondents 15+ years old

(base number for 1st quarter = 723; 2nd quarter = 763; 3rd quarter = 692; 4th quarter = 771)

Figure 8b: Participation rates by Area between 1998 and 1999



Base – all respondents 15+ years old

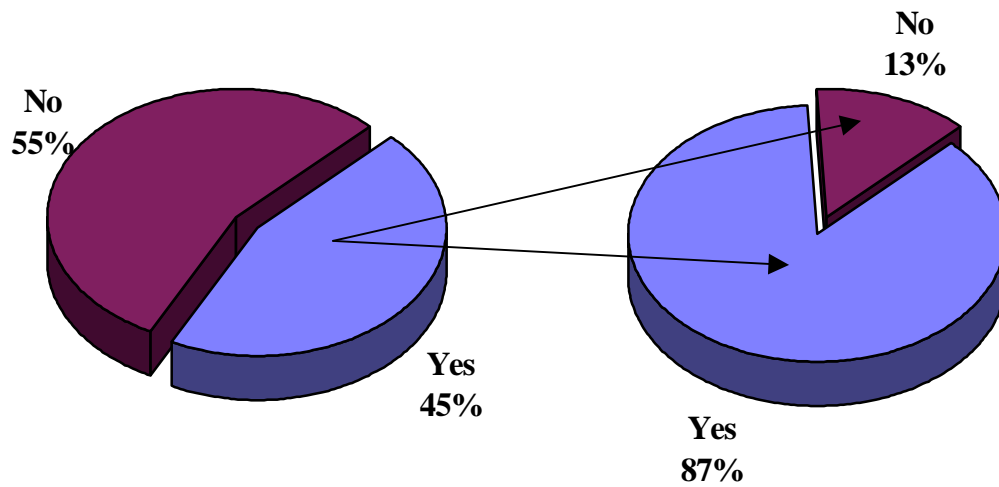
(base number for 1999 = 2,949; base number for 1998 = 2,625)

FOUR-WEEK PARTICIPATION

Of those (45.1%) who had participated in at least one sports activity, about 87 percent of them had also participated in some sports during the past four weeks before the interview, 0.8% lower than that of the previous survey 1998.

Figure 9a: Participation during last 3 months

Figure 9b: Participation during last 4 weeks



Base – all respondents 15+ years old

Sports Activities Swimming was the most popular sports activity in that Hong Kong people took part during the survey year 1999. It ranked among the top two in the first, second and third quarters but dropped to seven in the fourth quarter. Badminton ranked second and followed by basketball, soccer, walking, jogging, hiking, exercise, tennis and weight training. In the previous survey 1998, basketball was topped the rank and followed by swimming, badminton, walking, exercise, jogging, soccer, squash, weight training and hiking. That meant the top ten sports were similar in both survey years except squash in 1998 replaced by tennis in 1999.

Table 2: Sports participated

Sports (Ranked by accumulated results)		Participation Rate (%)	Ranking			
			1st	2nd	3rd	4th
Swimming	1	8.9	2	1	2	7
Badminton	2	6.5	3	2	4	3
Basketball	3	6.4	4	3	3	1
Soccer	4	5.4	9	4	1	2
Walking	5	4.7	1	6	7	5
Jogging	6	4.1	6	5	5	6
Hiking	7	4	7	7	6	4
Exercise	8	2.6	5	12	10	11
Tennis	9	2.2	8	9	9	9
Weight Training	10	1.9	10	11	11	13
Cycling	11	1.8	12	10	13	10
Chinese Martial Arts / Wushu	12	1.7	11	14	8	14
Squash	13	1.6	13	8	12	17
Table Tennis	14	1.4	14	13	17	8
Volleyball	15	0.9	17	15	19	12
Tenpin Bowling	16	0.7	16	16	18	21
Athletics	17	0.7	18	20	16	15
Aerobic Dance	18	0.7	15	18	21	22
Qikong	19	0.7	24	19	14	19
Golf	20	0.6	22	17	20	20
Dance	21	0.5	23	22	15	23

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

Base – all respondents 15+ years old (base number = 2,999)

Gender difference The types of sports done by men and women differed a lot. Similar to last year, male respondents liked to play soccer and basketball whereas women were more likely to participate in swimming and badminton. Exercise and Chinese martial arts / wushu did not appear in the men's top ten while soccer and tennis could not be found in the women's top ten.

Table 3: Top ten sports for men and women

	Men	Women
Soccer	1	-
Basketball	2	7
Swimming	3	1
Badminton	4	2
Jogging	5	6
Hiking	6	5
Walking	7	3
Tennis	8	-
Cycling	9	10
Weight Training	10	9
Exercise	-	4
Chinese Martial Arts / Wushu	-	8

Base – all respondents 15+ years old

Other Socio-economic Factors The results of sports participation by socio-economic factors were similar to those of last year. Elderly people usually engaged in less rigorous activities such as walking. Basketball was the most popular sports for the youth.

The main physical activity for those with lower education level was walking. Respondents with higher education level favoured swimming.

Among those being employed, the sport that they most frequently participated was swimming. For those retired and unemployed, walking was their most common physical activity. Students were most active in basketball.

Table 4: Sports participated by Socio-economic factors

	Swm	Bad	Bbl	Soc	Wlk	Jog	Hik	Exe	Ten	Wtr
	%	%	%	%	%	%	%	%	%	%
Age										
15-24	11.1	13.1	23.5	15.8	0.6	3.5	1.3	1.4	2.2	1.4
25-34	10.2	7.3	4	5.5	2.7	4.1	3.7	2	3	3.3
35-44	11	6.2	1.3	2.9	3.8	4.7	3.5	2.5	2.9	2.2
45-54	7.7	2.8	1.2	0.9	6.7	4.7	4.9	2.3	1.9	1.6
55-64	4	1.8	0.9	-	8.4	4.9	8.4	4	0.9	-
65 & above	1.4	0.7	-	0.3	14.8	2.8	6.9	6.6	-	0.3
Education										
No education	1.9	0.6	-	-	14.2	3.1	6.8	8	-	-
Primary	4	1	1	0.4	8.3	2.2	3.8	3.4	-	0.4
Lower Secondary	5.8	4.4	4.6	4.6	3.7	3.7	5.4	1.2	1.2	0.6
Upper Secondary	10.7	7.2	8.7	6.4	2.6	4.8	2.8	2.5	1.4	2
Matriculation	13.3	10.4	13.3	13.3	4.6	4.1	3.7	1.7	4.1	2.5
Post Secondary	13.8	13	8.1	6.7	4	5.9	4.7	2.4	7.1	4.5
Occupation										
Professional	12.7	11.4	5	7.1	4.1	6.8	3.9	2.5	6.2	4.8
Clerical/Service	11.4	6.8	4.1	3.1	2.4	3.7	3.7	3	1.8	2.1
Production	6.2	2.1	2.4	5.6	2.6	3.2	4.1	0.6	0.9	0.4
Students	11.6	14.6	27.8	17.2	0.5	4.7	1.4	1.4	3.1	1.7
Housewives	5.7	2.9	0.6	-	8.8	3.3	4.3	3.3	0.8	1.6
Others	4.2	1.5	1.7	2	11.6	3.4	6.4	4.7	0.5	0.5

Swm=Swimming Bad=Badminton Bbl=Basketball Soc=Soccer Wlk=Walking Jog=Jogging Hik=Hiking Exe=Exercise Ten=Tennis Wtr=Weight training

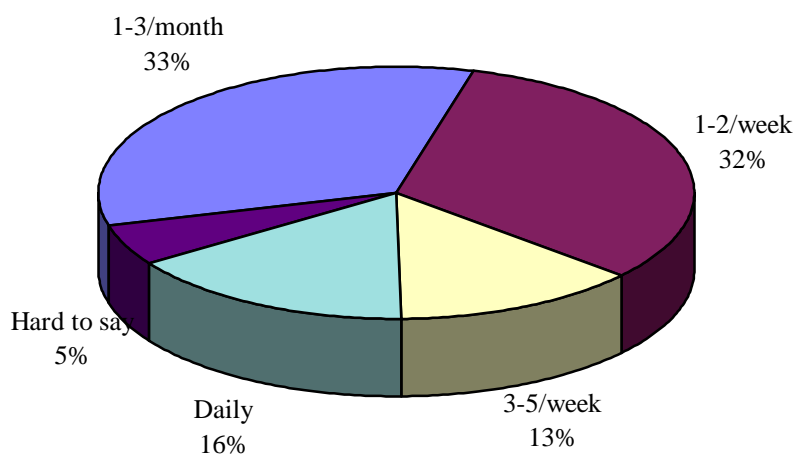
Base – all respondents 15+ years old

PATTERNS OF PARTICIPATION

Frequency and Duration There was slight difference from the pattern in last-year findings. When asked how often the respondents participated in sports, about 33 percent of the responses were 1-3 times per month while the responses of 1-2 times per week constituted 32 percent.

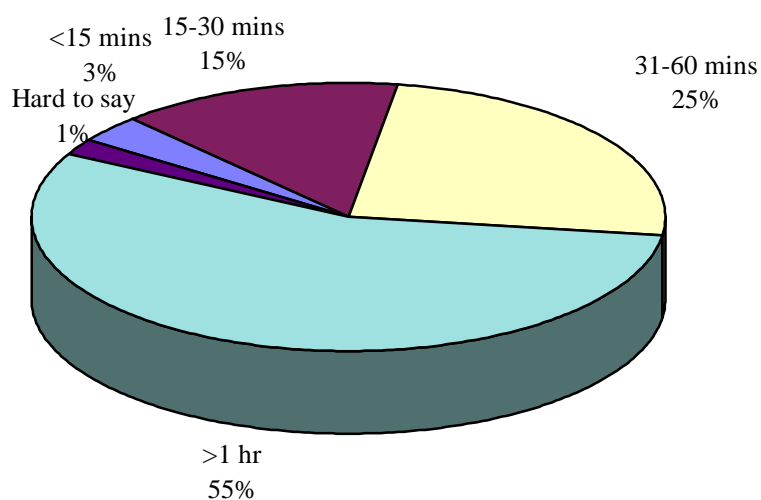
Regarding the duration, over half of the responses (55.5%) were more than one hour for each session.

Figure 10: Frequency of participation



Base – all sports participants 15+ years old
(base number = 1,809 responses)

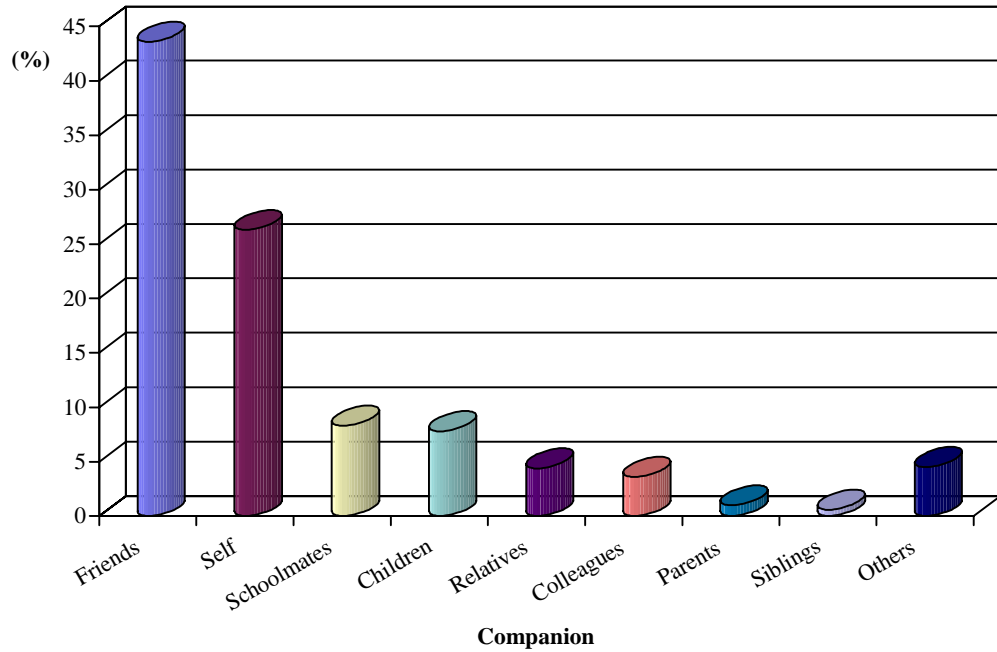
Figure 11: Duration of participation



Base – all sports participants 15+ years old

Companion About 44 percent of the respondents played sports with their friends while 26 percent did sports alone. Schoolmates constituted 8 percent. These three types of companions were the same as that of 1998.

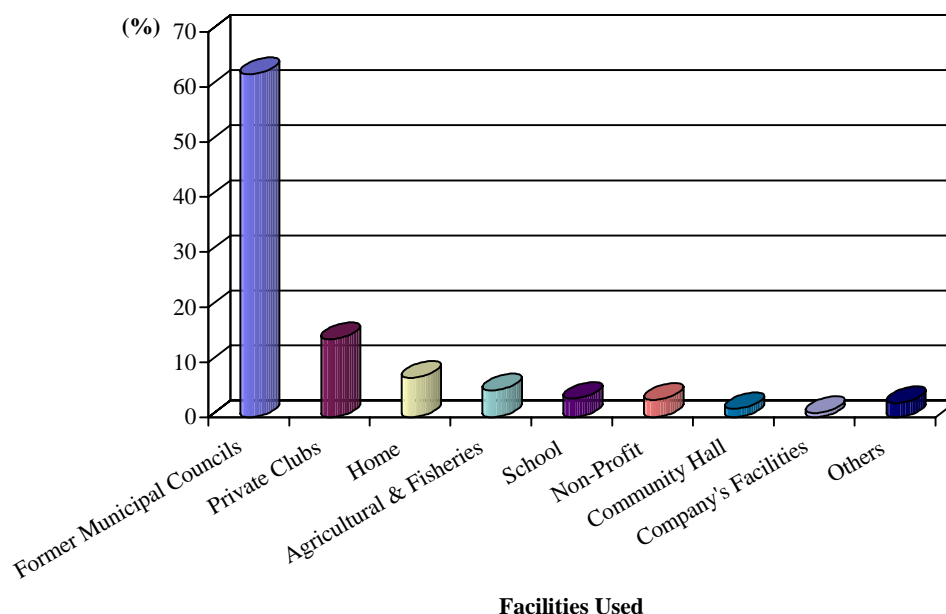
Figure 12: Companion for sports participation



Base – all sports participants 15+ years old (base number = 1,172)

Facilities used The vast majority of the respondents (62.3%) played sports in the facilities managed by the two former municipal councils. About 14 percent of the respondents used sports facilities at private clubs while about 7 percent played sports at home.

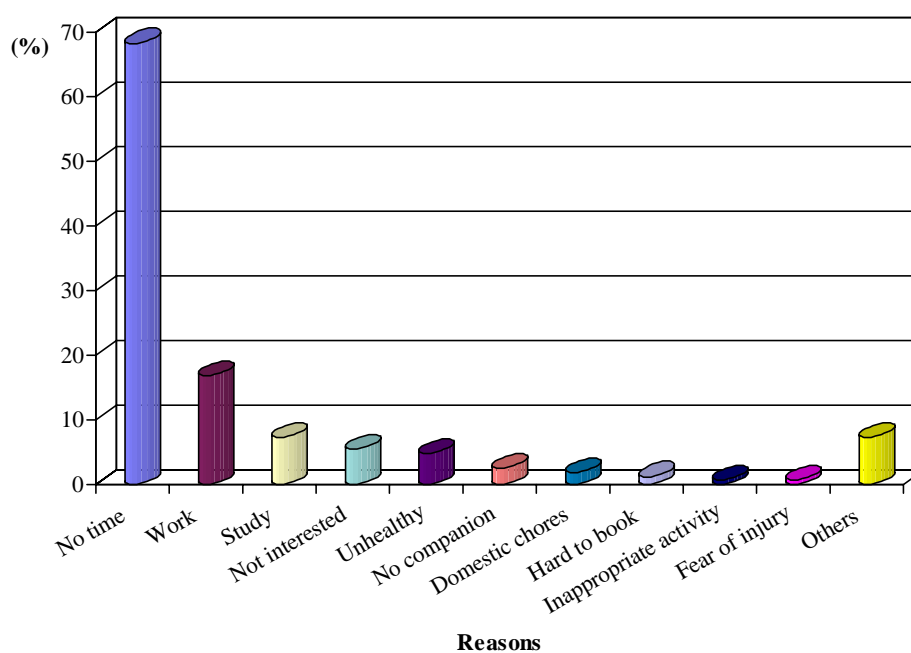
Figure 13: Facilities in use



Base – all sports participants 15+ years old (base number = 1,158)

Non-Participation The predominant reason for non-participation in sports was “lack of time” and this reason was also the same with that of last year.

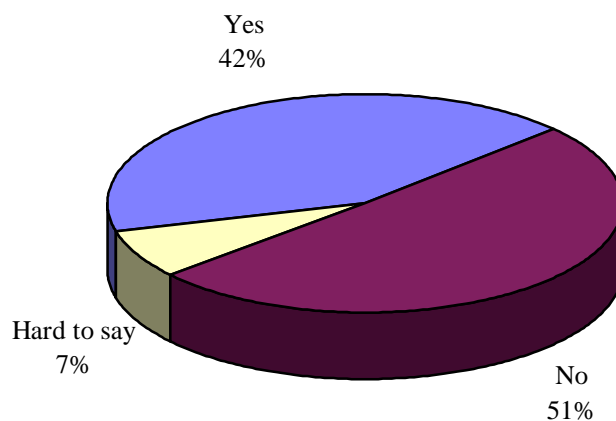
Figure 14: Reasons for non-participation



Base – all non-participants 15+years old (4-week) (base number = 167)

Future Inclination Of those respondents who had not participated in any sports activities or who had stopped participating recently, about 42% of them indicated possibility of taking part in sports in future, 6% lower than that of last year.

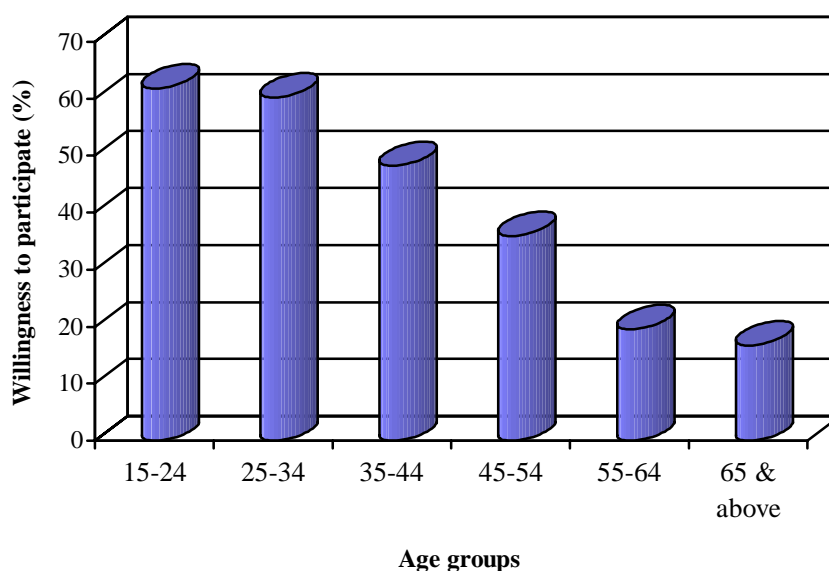
Figure 15: Future Inclination



Base – all non-participants 15+ years old (base number = 1,819)

Willingness to participate in sports in future decreased when age of respondents increased. Elder respondents were more reluctant to take up sports. On the other hand, respondents with higher educational level were more inclined to participate in sports in the future. This relationship was the same as that of last year.

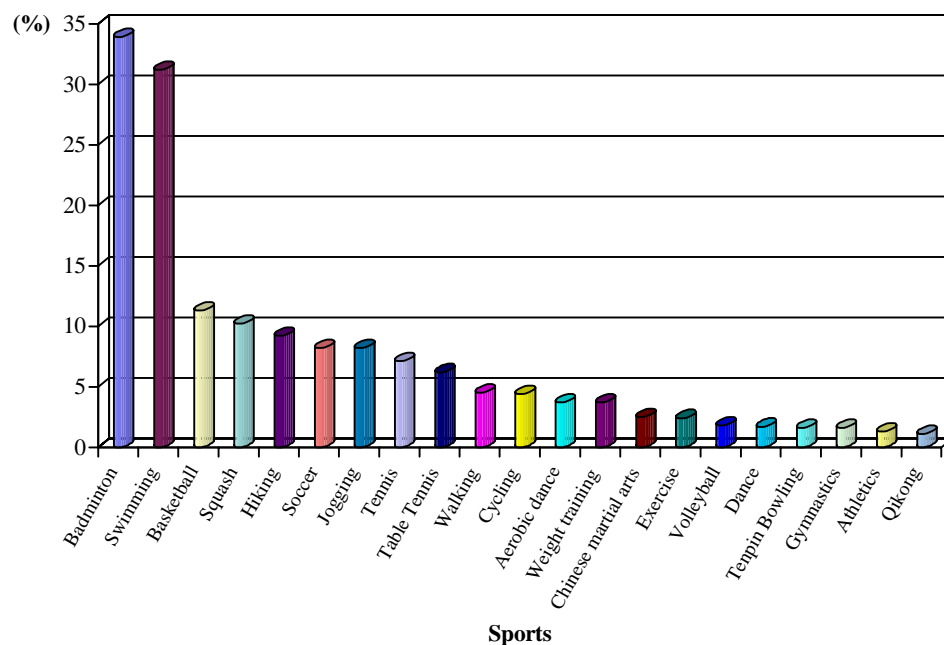
Figure 16: Future inclination by Age



Base – all non-participants 15+ years old (base number = 1,687)

The sport activity that most of the respondents would consider to participate was still badminton. Swimming ranked second on the list and followed by basketball. They were also the top three sport activities on the list of last year.

Figure 17: Sports desired to be participated

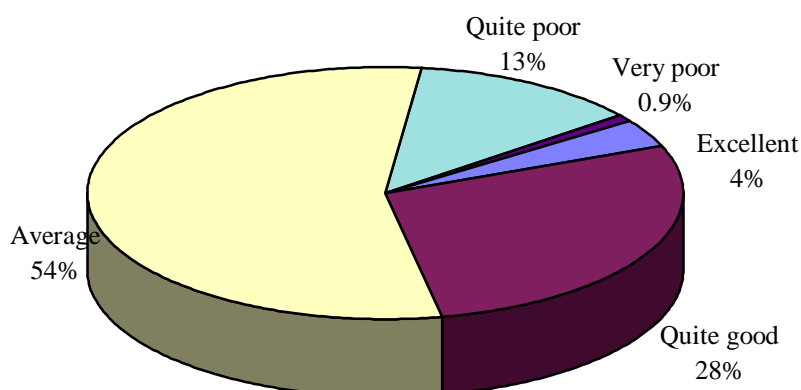


Base – all 15+ year-old non-participants considering sports participation (base number = 709)

SELF ASSESSMENT

Physical Fitness When the respondents were asked to assess their own physical fitness level compared with others of same age level and sex, a large majority of them rated themselves as average (54.9%) to quite good and excellent (31.7%). On the other hand, about 13 percent thought that their physical fitness was quite poor or even very poor. This pattern was echoed with that of last year.

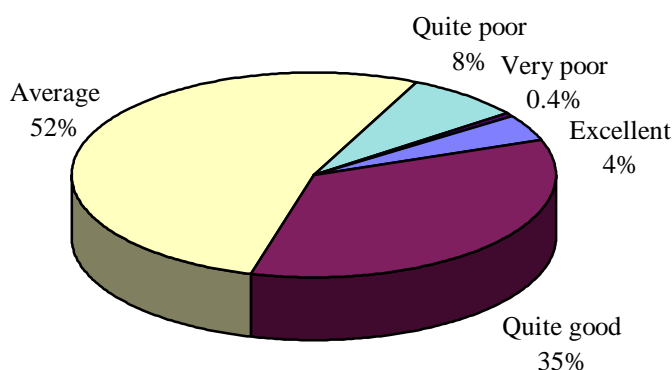
Figure 18: Physical fitness



Base – all respondents 15+ years old (base number = 2,942)

Health condition Over half of the respondents (52.6%) considered themselves having average health as compared to people of same age and sex. About 39 percent of them claimed that they had quite good or excellent health. This pattern was similar to that of last year.

Figure 19: Health condition

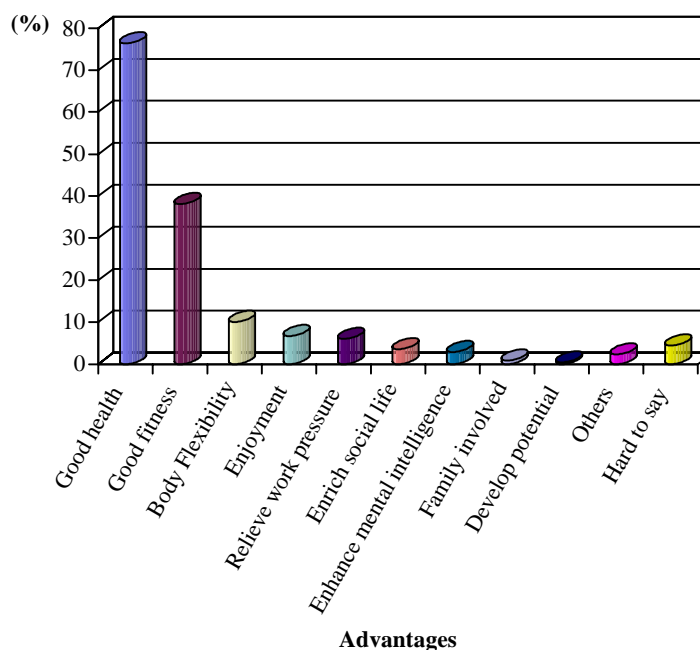


Base – all respondents 15+ years old (base number = 2,964)

BENEFITS OF SPORTS

About 76 percent of the respondents reckoned sports would be good to health. Other frequently quoted benefits were enhancing physical fitness, body flexibility and enjoyment.

Figure 20: Benefits of sport

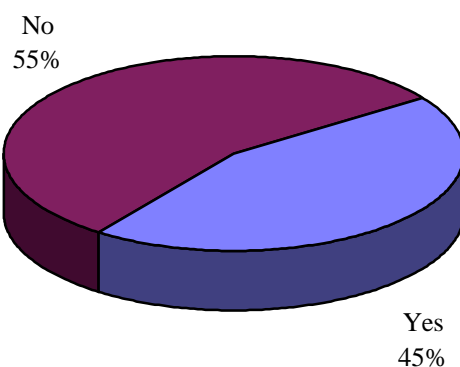


Base – all respondents 15+ years old (base number = 2,942)

SPENDING ON SPORTS

About 45 percent of the respondents had spent some money on sport-related activities and goods in the previous year, lower than that of last year by 7 percent. People with higher educational level and those of younger age were more willing to spend on sports related goods and services. This relationship was the same as that of last year.

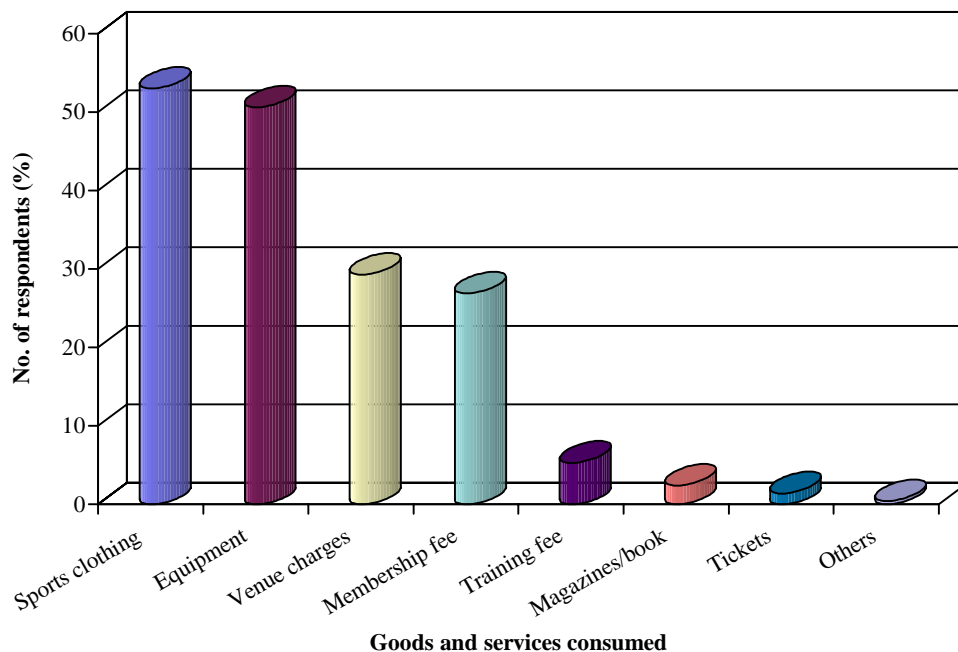
Figure 21: Ever spent on sports



Base – all respondents 15+ years old (base number = 2,987)

Over half of the respondents (53%) spent on sports clothing while about 51 percent of the people spent on equipment. Venue charges accounted for another 29 percent. These top three items also appeared on the list of last year.

Figure 22: Goods and services consumed



Base – all respondents 15+ years old who spent money on sports-related goods and services (base number = 1,329)

Moreover, about 41 percent of the respondents spent less than \$100 per month. From the calculation of the total average monthly spending on sport, the average yearly spending of an individual respondent was about \$5,078, higher than that of last year by \$1,504.

SURVEY RESULTS

1. Profile of Respondents**Table 1.1 Sex of respondents**

Sex	(N)	Pct of Cases (%)	Population ¹ (%)
Male	1823	48.9	49.9
Female	1908	51.1	50.1

Base – all respondents (base number = 3,731)

- 1.1 In this survey, the number of female respondents was slightly more than that of their counterparts by 2.2 percent. Referring to the 1996 Population By-census, females were constituted about 50 percent while males accounted for another 50 percent. As such, the survey data was believed to be representative of the Hong Kong population as the discrepancy for either sex was very small.

Table 1.2 Age of respondents

Age Group	(N)	Pct of Cases (%)	Population ¹ (%)
5 - 9	383	10.4	6.5
10 - 14	294	8	7.3
15 - 24	633	17.2	14.8
25 - 34	657	17.9	20.2
35 - 44	764	20.8	20.1
45 - 54	430	11.7	11.6
55 - 64	225	6.1	8.8
65 or above	290	7.9	10.7

Base – all respondents (base number = 3,676)

- 1.2 In this survey, about one-fifth of the respondents were in the age group of 35-44 while about 18 percent were aged between 25-34. The overall discrepancy, compared with that of the population distribution 1996, was within 4%.

¹Population By-census 1996

Table 1.3 Occupation of respondents

Occupation Group	(N)	Pct of Cases (%)
Professional & Semi-professional	482	16.3
Clerical & service workers	676	22.8
Production workers	466	15.7
Students	424	14.3
Housewives	511	17.2
Others (unemployed, retired, etc.)	406	13.7

Base – all people 15+ years old (base number = 2,965)

- 1.3 Of those employed, most of the respondents were clerical and service workers (22.8%). Housewives were constituted about 17 percent while students occupied 14 percent.

Table 1.4 Educational level of respondents

Education level	(N)	Pct of Cases (%)
No education / kindergarten	162	5.5
Primary	495	17
Lower Secondary	518	17.7
Upper Secondary	1010	34.6
Matriculation	241	8.3
Post Secondary	494	16.9

Base – all people 15+ years old (base number = 2,920)

- 1.4 Over half of the respondents (59.8%) had attained educational level of upper secondary or above.

Table 1.5 Monthly personal income level of respondents

Income Group	(N)	Pct of Cases (%)
No income	996	40.8
\$1 - \$5,000	210	8.6
\$5,001 - \$10,000	542	22.2
\$10,001 - \$15,000	253	10.4
\$15,001 - \$20,000	235	9.6
\$20,001 - \$30,000	109	4.5
\$30,001 & above	99	4.1

Base – all people 15+ years old (base number = 2,444)

- 1.5 In this survey, most of the respondents (40.8%) did not have monthly personal income. Over 30 percent of the respondents received a monthly personal income of \$10,000 or below. The mean monthly personal income was around \$8,937.

Table 1.6a District of residence of respondents

District	(N)	Pct of Cases (%)
Wanchai	43	1.3
Eastern District	350	10.6
Central & Western District	115	3.5
Southern District	152	4.6
Kwun Tong	276	8.4
Kowloon City	181	5.5
Wong Tai Sin	196	6
Sham Shui Po	171	5.2
Yau Tsim Mong	138	4.2
Sai Kung	131	4
Shatin	378	11.5
Islands	39	1.2
Tsuen Wan	160	4.9
Kwai Tsing	214	6.5
Tuen Mun	256	7.8
Yuen Long	193	5.9
Northern District	150	4.6
Taipo	147	4.5

Table 1.6b Area of residence of respondents

Area	(N)	Pct of Cases (%)
Hong Kong	660	20.1
Kowloon	962	29.2
New Territories	1668	50.7

Base – all people 10+ years old (base number = 3,290)

- 1.6 The districts of residence of the respondents were recorded in accordance to the District Board districts and the distribution was listed in Table 1.6a. The geographical distribution of respondents was further regrouped into three areas (Table 1.6b). Over half of the respondents (50.7%) resided in the New Territories.

2. Quarterly Participation Rates

Table 2.0 Participation during last 3 months

Participation	(N)	Pct of Cases (%)
Yes	1764	47.4
No	1961	52.6

Base – all people 5+ years old (base number = 3,725)

- 2.0 Nearly half of the respondents aged 5 or above (47.4%) had participated in at least one sports / activity during last three months before the interview.

Table 2.1 Participation during last 3 months

Participation	(N)	Pct of Cases (%)
Yes	1534	46.6
No	1757	53.4

Base – all people 10+ years old (base number = 3,291)

- 2.1 About 47 percent of the respondents aged 10 or above had participated in at least one sports / activity during last three months before the interview.

Table 2.2 Participation during last 3 months by Sex (%)

	Male	Female
Yes	52.7	42.2
No	47.3	57.8

Base – all people 5+ years old (base number = 3,725)

- 2.2 Men's sports participation was more than that of their counterparts.

Table 2.3 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	54.4	61.9	63.6	46.0	38.8	33.5	40.0	40.7
No	45.6	38.1	36.4	54.0	61.2	66.5	60.0	59.3

Base – all people 5+ years old (base number = 3,670)

- 2.3 The young generation (5-24) tended to have the highest participation rate.

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

	No education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Yes	42.0	28.1	34.6	45.8	62.2	65.2
No	58.0	71.9	65.4	54.2	37.8	34.8

Base – all people 15+ years old (base number = 2,918)

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

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

	Professionals & semi-professionals	Clerical & Service Workers	Production Workers	Students	Housewives	Others
Yes	58.5	41.3	29.4	71.2	33.5	40.4
No	41.5	58.7	70.6	28.8	66.5	59.6

Base – all people 15+ years old (base number = 2,963)

- 2.5 Of those employed, the professionals had higher participation rate (58.5%) than the clerical and service workers (41.3%) and production workers (29.4%). Students' sports participation rate was the highest (71.2%).

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	46.7	50.5	37.3	41.1	53.2	60.6	66.7
No	53.3	49.5	62.7	58.9	46.8	39.4	33.3

Base – all people 15+ years old (base number = 2,442)

- 2.6 Those having monthly personal income of \$20,000 or above were most active in sports participation.

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

	Hong Kong	Kowloon	New Territories
Yes	53.2	47.3	43.7
No	46.8	52.7	56.3

Base – all people 10+ years old (base number = 3,288)

- 2.7 Respondents living on Hong Kong Island had higher participation rate (53.2%) than those on Kowloon (47.3%) and New Territories (43.7%).

Table 2.8 Sports Participation during last 3 months (%)

Sports	Pct	Sports	Pct
Swimming	11.8	Weight Training	2.1
Badminton	10.3	Volleyball	1.7
Basketball	9.5	Chinese Martial Arts / Wushu	1.5
Soccer	7.4	Athletics	1.5
Jogging	4.8	Golf	1.1
Hiking	4.5	Dancing	1
Walking	4.2	Aerobics	0.7
Table Tennis	3.2	Qikong	0.6
Cycling	3	Gymnastics	0.6
Tennis	2.8	Tenpin Bowling	0.5
Exercise	2.7	Snooker/Billiard	0.5
Squash	2.6	Others	0.5

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

Base – all people 5+ years old (base number = 3,731)

2.8 The top ten sports and physical recreation in that the respondents had taken part during last three months were listed in descending order: swimming, badminton, basketball, soccer, jogging, hiking, walking, table tennis, cycling and tennis. Swimming was topped the list.

Table 2.9 Sports participated by Sex (%)

	Male	Female
Swimming	11.9	11.7
Badminton	9.8	10.9
Basketball	15.3	4
Soccer	14.9	0.3
Jogging	6.1	3.5
Hiking	4.4	4.6
Walking	3	5.4
Table Tennis	4.6	2
Cycling	3.7	2.4
Tennis	3.7	2
Exercise	1	4.3
Squash	2.2	2.9
Weight Training	2.2	1.9
Volleyball	1.3	2.1
Chinese Martial Arts / Wushu	1.4	1.7
Athletics	1.8	1.3
Golf	1.3	0.9
Dancing	0.3	1.6
Aerobics	0	1.4
Qikong	0.3	0.9
Gymnastics	0.4	0.8
Tenpin Bowling	0.8	0.3
Snooker/Billiard	0.9	0.1
Others	0.5	0.6

Base – all people 5+ years old (base number = 3,731)

- 2.9 Popular sports for men were basketball and soccer while women's favourite sports were swimming and badminton.

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	19.1	12.9	13.7	12.5	13.6	8.6	4.4	1.4
Badminton	10.2	24.1	17.9	11.1	8.6	3	2.2	0.3
Basketball	6.3	26.9	29.5	5.9	2	1.6	1.3	0
Soccer	9.7	16.7	19	6.2	3	1.2	0.4	0.3
Jogging	3.7	6.1	4.6	4.6	5.4	5.3	5.3	2.8
Hiking	2.1	1.4	2.2	5.5	5	5.6	8.4	7.6
Walking	1	0.3	0.5	2.3	4.2	6.5	10.2	16.9
Table Tennis	6.3	7.8	4.3	3	1.7	2.3	0.9	0.3
Cycling	8.4	3.4	3	3.7	2.5	0.9	1.3	0.3
Tennis	0.8	2	3.6	4.9	3.5	1.9	1.3	0
Exercise	2.1	0.7	1.4	2.4	2.7	2.3	3.6	7.2
Squash	0.5	1.4	5.4	5.2	2.6	0.2	0	0
Weight Training	0	0.3	2.1	4.6	2.5	2.3	1.3	0.3
Volleyball	0.3	9.5	4.1	1.1	0.1	0.5	0	0
Chinese Martial Arts / Wushu	1	1	0.3	0.2	0.4	3.7	3.6	6.9
Athletics	2.3	5.8	2.5	1.2	0.7	0.2	0	0
Golf	0.3	0.3	0.9	2.4	1.3	1.6	0	0
Dancing	4.2	1	0.9	0.3	0.4	0.7	0.9	0.3
Aerobics	0.3	0	0	1.4	1.2	0.5	0.4	0.7
Qikong	0	0	0	0.2	0.5	1.2	2.7	2.4
Gymnastics	0	0	0.6	1.7	0.3	0	1.3	0.7
Tenpin Bowling	0	0	1.1	1.5	0.4	0	0	0
Snooker/Billiard	0	0	2.1	0.6	0.1	0	0	0
Others	1.3	0.7	0.9	0.3	0	0.7	0.4	0.3

Base – all people 5+ years old (base number = 3,676)

2.10 Young generation (10 – 24) was more likely to play basketball, badminton and soccer while walking and hiking attracted the old people.

Table 2.11 Sports participated by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Swimming	2.5	4.4	6.8	12.5	15.4	18.8
Badminton	0.6	1.2	6	9.8	19.5	15.8
Basketball	0	1	6.4	10.2	18.3	12.6
Soccer	0	0.8	5.6	7.9	14.5	7.7
Jogging	4.3	2.8	4.1	5.1	4.6	6.7
Hiking	6.8	5.3	5.6	3.8	5.4	6.7
Walking	16.7	8.9	4.4	2.7	4.1	3.4
Table Tennis	0	0.4	2.1	2.9	2.5	5.1
Cycling	0	0.2	2.1	2.9	4.1	3.6
Tennis	0	0	1.4	1.9	7.1	9.1
Exercise	8.6	3.6	1.9	2.4	2.5	2.2
Squash	0	0.2	0.8	2.6	5.8	7.9
Weight Training	1.2	0.4	0.6	2.7	2.5	6.7
Volleyball	0	0.2	1.4	1.3	2.9	1.6
Chinese Martial Arts / Wushu	6.2	2.6	1.7	1.1	0.4	1.2
Athletics	0	0	1	1.8	0.8	1
Golf	0	0.4	0.4	1.4	1.2	3.6
Dancing	0	0.4	0.4	0.5	0	1.2
Aerobics	1.2	0.4	0.6	0.9	0.8	0.8
Qikong	2.5	1.8	0.2	0.3	0	1.2
Gymnastics	0.6	0.4	0.6	0.6	1.2	1.4
Tenpin Bowling	0	0	0	1	0.8	1.6
Snooker/Billiard	0	0	0.4	0.9	1.7	0.6
Others	0.6	0.4	0.6	0.4	0	0.6

Base – all people 15+ years old (base number = 2,920)

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

Table 2.12 Sports participated by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Swimming	15.8	14.6	7.5	14.2	5.9	4.2
Badminton	13.5	10.2	4.3	20.3	3.9	1.5
Basketball	7.7	4.6	2.6	36.1	0.8	2.7
Soccer	7.7	3.7	5.8	20.8	0	2.7
Jogging	7.7	4.7	4.1	5.4	3.3	3.7
Hiking	5.8	4.7	4.9	2.4	5.9	6.9
Walking	3.5	1.9	3.2	0.5	9	14
Table Tennis	4.6	2.1	1.5	5.2	0.6	1
Cycling	3.3	3	1.9	3.8	1	0.7
Tennis	8.1	3.3	1.3	3.8	1.2	0.7
Exercise	3.1	3	0.6	1.4	4.1	4.7
Squash	5.4	4	0.6	6.6	0.8	0.2
Weight Training	6	2.8	1.1	2.1	1.8	1
Volleyball	1.9	1.2	0	4.2	0	0.2
Chinese Martial Arts / Wushu	0.8	0.9	0.6	0.2	4.1	3.4
Athletics	0.6	1.5	0.2	3.3	0.4	0
Golf	4.4	0.9	0.2	0.7	1.2	0.2
Dancing	0.6	0.1	0.4	0.9	1	0.5
Aerobics	0.8	1	0.2	0.2	1.4	0.5
Qikong	0.8	0.1	0.4	0	2	1.5
Gymnastics	1	0.7	0.2	0.9	0.8	0.7
Tenpin Bowling	1.7	1	0.4	0.5	0	0.2
Snooker/Billiard	0.4	0.7	0.4	1.9	0	0.2
Others	0.4	0.3	0	1.2	0.2	0.7

Base – all people 15+ years old (base number = 2,965)

2.12 Those employed were more likely to participate in swimming and badminton. Students usually engaged in basketball and soccer. The popular sports activities for those retired/unemployed and housewives were walking.

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	7.8	10	11.3	13	20	14.7	17.2
Badminton	7.1	12.9	8.1	10.7	13.6	11	15.2
Basketball	11.5	15.7	5	3.2	5.5	7.3	10.1
Soccer	6.7	10	6.1	4.3	6.8	9.2	8.1
Jogging	4.4	2.4	3.5	4.3	7.2	11	11.1
Hiking	4.4	4.8	4.1	6.3	6	4.6	10.1
Walking	9	4.3	2.2	2.8	2.1	2.8	8.1
Table Tennis	1.8	3.3	2.8	2	4.3	5.5	4
Cycling	1.2	3.3	2.4	2	6.8	2.8	3
Tennis	1.6	2.4	2.4	2.8	6.8	5.5	14.1
Exercise	3.6	4.3	2.2	4	1.3	1.8	0
Squash	1.8	6.2	2	4.7	5.1	5.5	4
Weight Training	1.5	1	2	3.6	2.1	8.3	10.1
Volleyball	1.2	3.8	0.9	0.8	2.1	0.9	0
Chinese Martial Arts / Wushu	2.5	2.9	0.7	0.4	1.3	0.9	1
Athletics	1.1	1.4	0.6	2	1.3	0	2
Golf	0.8	1.4	0.2	1.6	2.1	4.6	5.1
Dancing	0.9	1	0.2	0	0.4	0.9	1
Aerobics	0.9	0.5	0.7	0.8	0.9	1.8	0
Qikong	1.1	1	0.4	0	0	0	0
Gymnastics	0.5	1.4	0	1.2	0.9	0.9	1
Tenpin Bowling	0.2	0.5	1.3	1.6	1.3	0.9	0
Snooker/Billiard	0.7	1	0.7	0.8	0.4	0.9	0
Others	0.5	1.9	0.2	0.4	0	0	1

Base – all people 15+ years old (base number = 2,444)

2.13 Respondents with personal income level of \$5,000 or below were more active in basketball while those earning more than \$5,000 participated more in swimming.

Table 2.14 Reasons for non-participation during last 3 months

Reasons	(N)	Pct of Responses (%)	Pct of Cases (%)
No time	1141	49	60.1
Work	372	16	19.6
Not interested	246	10.6	13
Unhealthy	117	5	6.2
Study	78	3.4	4.1
Domestic Chores	77	3.3	4.1
No Companion	65	2.8	3.4
Lack of appropriate activities	29	1.2	1.5
Fear of injuries	27	1.2	1.4
Hard to book	18	0.8	0.9
Expensive	14	0.6	0.7
Poor skill	6	0.3	0.3
Others	137	5.9	7.2

Base – all non-participants (3-month) (base number = 1,899)

- 2.14 Over half of the respondents (52.6%) in this survey had not participated in any sports activities during last three months. The reason that 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

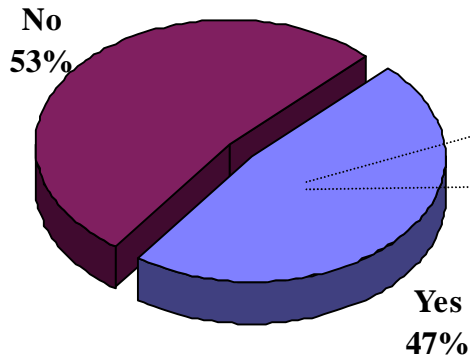
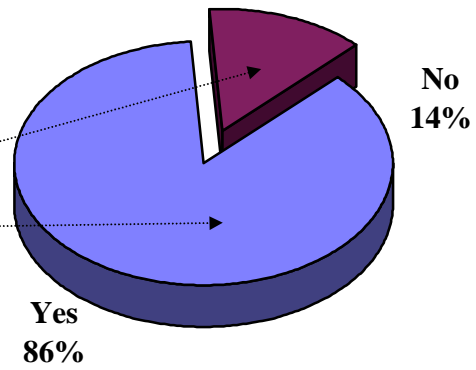


Figure 3.1b: Participation during last 4 weeks



Of those (47.4%) who had participated in at least one sports activity (Figure 3.1a), majority of them (86.5%) had also participated in sports during last four weeks before the interview (Figure 3.1b).

Table 3.2 Sports Participation during last 4 weeks (%)

Sports	Pct	Sports	Pct
Swimming	9.6	Weight Training	1.6
Badminton	7.4	Chinese Martial Arts / Wushu	1.5
Basketball	7.2	Squash	1.4
Soccer	5.9	Volleyball	1.3
Walking	4	Athletics	1
Jogging	3.9	Dance	0.9
Hiking	3.4	Aerobic Dance	0.6
Cycling	2.4	Qikong	0.6
Exercise	2.4	Others	0.6
Table Tennis	2.1	Tenpin Bowling	0.5
Tennis	2	Golf	0.5

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

Base – all people 5+ years old (base number = 3,731)

3.2 When asked which sports the respondents have participated during last four weeks, swimming (9.6%) topped the list, followed by badminton (7.4%) and basketball (7.2%). Sports that required no specific facilities and equipment, like walking, jogging and exercise were 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	9.4	11.9	9.8	11.7
Badminton	7.6	9.8	7.1	10.9
Basketball	12	15.3	2.6	4
Soccer	12	14.9	0.1	0.3
Walking	3.1	3	4.9	5.4
Jogging	5	6.1	2.9	3.5
Hiking	3.6	4.4	3.2	4.6
Cycling	3	3.7	1.9	2.4
Exercise	0.9	1	3.7	4.3
Table Tennis	3.1	4.6	1	2
Tennis	2.7	3.7	1.3	2
Weight Training	1.8	2.2	1.4	1.9
Chinese Martial Arts / Wushu	1.4	1.4	1.7	1.7
Squash	1.6	2.2	1.2	2.9
Volleyball	0.9	1.3	1.7	2.1
Athletics	1.1	1.8	0.9	1.3
Dance	0.3	0.3	1.5	1.6
Aerobic Dance	0	0	1.2	1.4
Qikong	0.2	0.3	0.9	0.9
Others	0.4	0.5	0.7	0.6
Tenpin Bowling	0.8	0.8	0.3	0.3
Golf	0.7	1.3	0.4	0.9

Base – all people 5+ years old (base number = 3,731)

3.3 Men were more active in basketball and soccer while women were active in swimming and badminton.

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	15.4	9.2	11.1	10.2	11	7.7	4	1.4
Badminton	7.8	15	13.1	7.3	6.2	2.8	1.8	0.7
Basketball	4.4	19.7	23.5	4	1.3	1.2	0.9	0
Soccer	6.3	11.6	15.8	5.5	2.9	0.9	0	0.3
Walking	1.3	0.3	0.6	2.7	3.8	6.7	8.4	14.8
Jogging	2.6	3.7	3.5	4.1	4.7	4.7	4.9	2.8
Hiking	1	0.7	1.3	3.7	3.5	4.9	8.4	6.9
Cycling	7.8	2	2.5	2.1	2.4	0.7	0.9	0
Exercise	1	0.7	1.4	2	2.5	2.3	4	6.6
Table Tennis	5.2	4.8	2.8	2.1	1	0.5	0	0
Tennis	0.5	1.7	2.2	3	2.9	1.9	0.9	0
Weight Training	0.3	0.3	1.4	3.3	2.2	1.6	0	0.3
Chinese Martial Arts / Wushu	0.8	1	0.3	0.2	0.4	3.5	4	7.2
Squash	0.3	1.4	2.7	2.6	1.7	0.2	0	0
Volleyball	0.3	6.5	3	1.1	0.1	0.2	0	0
Athletics	1.6	4.1	1.9	0.5	0.5	0.2	0	0
Dance	3.7	1	0.8	0.2	0.4	0.7	1.3	0.3
Aerobic Dance	0.3	0	0.2	1.1	1	0.5	0.4	0.3
Qikong	0	0	0	0	0.4	1.2	2.7	2.1
Others	1.6	1.7	1.1	0.2	0	0.2	0.4	0
Tenpin Bowling	0	0	0.9	1.5	0.4	0.2	0	0
Golf	0.3	0	0.5	1.2	0.4	0.9	0	0

Base – all people 5+ years old (base number = 3,676)

3.4 Children aged 5-9 were active in swimming while those aged 10 – 24 were more likely to play basketball. Old people (55 and above) inclined to engage in walking.

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

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Swimming	1.9	4	5.8	10.7	13.3	13.8
Badminton	0.6	1	4.4	7.2	10.4	13
Basketball	0	1	4.6	8.7	13.3	8.1
Soccer	0	0.4	4.6	6.4	13.3	6.7
Walking	14.2	8.3	3.7	2.6	4.6	4
Jogging	3.1	2.2	3.7	4.8	4.1	5.9
Hiking	6.8	3.8	5.4	2.8	3.7	4.7
Cycling	0	0.2	1.5	2.3	3.7	2.2
Exercise	8	3.4	1.2	2.5	1.7	2.4
Table Tennis	0	0.4	1	1.4	1.2	3.6
Tennis	0	0	1.2	1.4	4.1	7.1
Weight Training	0	0.4	0.6	2	2.5	4.5
Chinese Martial Arts / Wushu	6.2	2.6	1.7	1.2	0.4	1.2
Squash	0	0.2	0.4	1.6	1.7	4.7
Volleyball	0	0.2	0.6	1.3	2.5	1
Athletics	0	0	1	1.2	0.8	0.2
Dance	0	0.6	0.2	0.5	0	1.2
Aerobic Dance	0	0.4	0.6	0.8	0.8	0.8
Qikong	1.2	2.2	0.2	0.3	0	0.6
Others	0.6	0	0.4	0.5	0	0.4
Tenpin Bowling	0	0	0	1.1	0.4	1.6
Golf	0	0	0	0.6	0	2.4

Base – all people 15+ years old (base number = 2,920)

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

Table 3.6 Sports participated by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Swimming	12.7	11.4	6.2	11.6	5.7	4.2
Badminton	11.4	6.8	2.1	14.6	2.9	1.5
Basketball	5	4.1	2.4	27.8	0.6	1.7
Soccer	7.1	3.1	5.6	17.2	0	2
Walking	4.1	2.4	2.6	0.5	8.8	11.6
Jogging	6.8	3.7	3.2	4.7	3.3	3.4
Hiking	3.9	3.7	4.1	1.4	4.3	6.4
Cycling	3.1	1.6	1.1	3.3	1	0.5
Exercise	2.5	3	0.6	1.4	3.3	4.7
Table Tennis	3.3	0.9	0.6	3.5	0.4	0
Tennis	6.2	1.8	0.9	3.1	0.8	0.5
Weight Training	4.8	2.1	0.4	1.7	1.6	0.5
Chinese Martial Arts / Wushu	0.8	0.7	0.6	0.2	4.1	3.9
Squash	3.1	2.2	0.4	3.3	0.2	0.2
Volleyball	1.2	1	0	3.3	0	0.2
Athletics	0.2	0.7	0.4	2.6	0.2	0
Dance	0.4	0.1	0.4	0.7	1.2	0.5
Aerobic Dance	1	0.7	0.2	0.2	1	0.5
Qikong	0.6	0.3	0.2	0	1.8	1.2
Others	0.2	0	0	1.4	0.2	0.5
Tenpin Bowling	1.7	1	0.6	0.2	0	0.2
Golf	2.5	0	0	0.7	0.4	0.2

Base – all people 15+ years old (base number = 2,965)

3.6 Those employed tended to participate in swimming while students usually engaged in basketball, soccer and badminton. The most popular sports activity for those retired/unemployed and housewives were walking.

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	7	10	8.5	9.9	16.2	11.9	13.1
Badminton	5.3	11	6.1	5.9	8.9	9.2	14.1
Basketball	8.7	13.3	4.6	3.2	4.3	6.4	4
Soccer	5.2	10	5.5	4.3	6	10.1	5.1
Walking	8	3.8	2	2.8	3.4	0.9	9.1
Jogging	3.9	2.9	2.2	4.3	6.4	7.3	11.1
Hiking	3.6	3.8	3.9	4	5.1	2.8	8.1
Cycling	1.1	2.4	1.5	1.6	5.1	0.9	2
Exercise	3.1	4.3	2.2	3.2	0.9	0.9	2
Table Tennis	1.2	1.9	1.5	2	1.7	2.8	2
Tennis	1.4	1.4	0.9	2.4	3.4	4.6	14.1
Weight Training	1.3	0.5	1.5	2.8	0.9	7.3	6.1
Chinese Martial Arts / Wushu	2.8	2.4	0.7	0.4	1.3	0.9	1
Squash	1.1	2.9	0.9	1.6	2.1	4.6	4
Volleyball	1	2.4	0.4	1.2	2.6	0	0
Athletics	0.9	1	0.4	0.8	0.9	0	0
Dance	0.8	1	0.2	0	0.4	0.9	1
Aerobic Dance	0.7	0	0.9	0.8	0.4	2.8	0
Qikong	1	0.5	0.2	0	0	0	0
Others	0.5	1.9	0	0	0	0	0
Tenpin Bowling	0.2	0	1.3	2	1.7	0	1
Golf	0.6	0	0	0	0.9	2.8	4

Base – all people 15+ years old (base number = 2,444)

3.7 Respondents with income less than \$5,000 were more likely to participate in basketball and soccer. Those with personal income level between \$5,000 and \$30,000 tended to participate in swimming while those with more than \$30,000 inclined to play badminton and tennis.

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

Reasons	(N)	Pct of Responses (%)	Pct of Cases (%)
No time	139	55.2	63.2
Work	29	11.5	13.2
Study	25	9.9	11.4
Not interested	13	5.2	5.9
Unhealthy	10	4	4.5
No Companion	7	2.8	3.2
Domestic Chores	4	1.6	1.8
Lack of appropriate activity	2	0.8	0.9
Hard to book	2	0.8	0.9
Fear of injuries	1	0.4	0.5
Others	20	7.9	9.1

Base – all non-participants (4-week) (base number = 220)

- 3.8 For those who had participated in sports during last quarter, about 14 percent of them had done nothing during last four weeks. Lack of time was the main reason for the 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	773	33
1-2 times per week	818	34.9
3-5 times per week	292	12.5
Almost daily	341	14.6
Forgotten / hard to say	118	5

Base – all responses (base number = 2,342)

- 4.1 When asked how often the respondents participated in sports, about 35 percent of the responses were 1-2 times per week while the response of 1-3 times per month constituted 33 percent.

Table 4.2 Duration of participation during last 4 weeks

Duration	(N)	Pct of Responses (%)
Less than 15 mins	80	3.4
About 15-30 mins	317	13.5
About 31-60 mins	576	24.6
More than 1 hour	1318	56.3
Forgotten / hard to say	50	2.1

Base – all responses (base number = 2,341)

- 4.2 As regards the duration, over half of the responses (56.3%) were more than one hour for each session.

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

	1-3 times/mth	1-2 times/wk	3-5 times/wk	Almost daily	Hard to say
Swimming	39.6	37.6	9.5	5.3	8.1
Badminton	48.7	34.8	8.1	3.3	5.1
Basketball	34.3	38.5	14	7.9	5.3
Soccer	34.4	41.6	16.7	5.4	1.8
Walking	10.7	23.3	16	46.7	3.3
Jogging	16.3	32.7	19	25.9	6.1
Hiking	41.7	21.3	10.2	22	4.7
Cycling	42.2	23.3	8.9	18.9	6.7
Exercise	2.3	27.3	20.5	46.6	3.4
Table Tennis	48.1	32.5	6.5	5.2	7.8
Tennis	40	49.3	5.3	0	5.3
Weight Training	11.9	39	35.6	13.6	0
Chinese Martial Arts / Wushu	0	24.6	10.5	64.9	0
Squash	47.2	41.5	1.9	1.9	7.5
Volleyball	42.6	36.2	10.6	6.4	4.3
Athletics	21.1	39.5	18.4	10.5	10.5
Dance	12.1	69.7	9.1	6.1	3
Aerobic Dance	21.7	65.2	13	0	0
Qikong	4.8	28.6	0	66.7	0
Others	38.1	28.6	14.3	19	0
Tenpin Bowling	70	15	5	5	5
Golf	52.6	31.6	0	5.3	10.5

Base – all sports and activities (4-week) (base number = 2,342)

4.3 Exercise, Chinese martial arts/wushu, walking and qikong were the four physical activities that the respondents did more frequently than other sports.

Table 4.4 Frequency by Sex (%)

	Male	Female
1-3 times per month	33.7	32.1
1-2 times per week	36.4	32.9
3-5 times per week	13	11.8
Almost daily	12.4	17.5
Hard to say	4.6	5.7

Base – all responses (base number = 2,342)

4.4 Both male and female respondents usually played sports 1-2 times per week.

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	31.2	35.4	38.2	45.8	36.5	20.7	3	2.3
1-2 times per week	44.5	42.4	34.8	35.3	35.9	32.6	23.2	9.3
3-5 times per week	8.5	12.8	15.6	11	12.8	11.9	12.1	12.4
Almost daily	9.7	8.6	6.3	2.8	10.2	28.5	52.5	73.6
Hard to say	6.1	0.8	5.1	5.3	4.7	6.2	9.1	2.3

Base – all responses (base number = 2,313)

4.5 Old people (55 or above) tended to participate more frequently than the young generation. Those aged between 5-14 tended to play sports 1-2 times per week

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	1.1	8.9	22.3	64.9	2.8
Badminton	0.4	4.8	35.7	58.5	0.7
Basketball	1.1	7.2	17	73.2	1.5
Soccer	0.5	2.7	9	85.5	2.3
Walking	4	36.7	32.7	21.3	5.3
Jogging	10.2	42.2	24.5	21.8	1.4
Hiking	0.8	4.7	20.5	72.4	1.6
Cycling	2.2	23.3	22.2	51.1	1.1
Exercise	27.3	38.6	19.3	12.5	2.3
Table Tennis	5.2	16.9	35.1	41.6	1.3
Tennis	0	4	30.7	65.3	0
Weight Training	5.1	11.9	37.3	45.8	0
Chinese Martial Arts / Wushu	7	24.6	28.1	36.8	3.5
Squash	1.9	0	49.1	47.2	1.9
Volleyball	0	10.6	17	70.2	2.1
Athletics	13.2	23.7	26.3	31.6	5.3
Dance	0	0	33.3	63.6	3
Aerobic Dance	4.3	8.7	52.2	34.8	0
Qikong	4.8	23.8	28.6	38.1	4.8
Others	14.3	19	28.6	33.3	4.8
Tenpin Bowling	0	0	15	80	5
Golf	0	0	15.8	78.9	5.3

Base – all sports and activities (4-week) (base number = 2,341)

4.6 The respondents usually spent more than one hour per session in sports activities, except for walking, jogging, exercise, squash and aerobic dance.

Table 4.7 Duration by Sex (%)

	Male	Female
Less than 15 mins	2.6	4.5
15-30 mins	10.7	17.4
31-60 mins	20.8	29.9
More than 1 hr	64.2	45.4
Hard to say	1.7	2.7

Base – all responses (base number = 2,341)

- 4.7 By ignoring the types of sports involved, both sex tended to play sports more than one hour.

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	3.2	4.7	1.3	3.5	3.9	6.7	7.1	2.3
15-30 mins	12.1	7.8	7.1	12	17.2	23.8	23.2	28.7
31-60 mins	28.3	19.8	16.1	26.3	29.8	27.5	34.3	34.1
More than 1 hr	51.4	67.1	73.7	57.1	48.3	39.9	30.3	29.5
Hard to say	4.9	0.8	1.8	1	0.8	2.1	5.1	5.4

Base – all responses (base number = 2,312)

- 4.8 Almost all the age groups tended to play sports activities more than 1 hour, except for those aged 55 or above.

Table 4.9 Companion of participation

Companion	(N)	Pct of Cases (%)
Parents	100	6.6
Children	93	6.1
Friends	597	39.1
Siblings	36	2.4
Relatives	68	4.5
Colleagues	45	2.9
Classmates	205	13.4
Alone	326	21.4
Others	56	3.7

Base – all participants (base number = 1,526)

4.9 Nearly 40 percent of the respondents played sports with their friends while those playing sports alone constituted about 21 percent.

Table 4.10 Companion by Age (%)

	5 - 9	10 - 14	15 - 24	25 - 34	35 - 44	45 - 54	55 - 64	> 65
Parents	39.7	10.1	1.1	1.2	1.6	0.8	0	0
Children	0	0	0	8.1	21.2	10.7	1.2	2.8
Friends	18.5	29.5	58.7	46.8	30.4	33.6	27.7	42.2
Siblings	10.9	5.4	1.1	1.2	0	0	0	0
Relatives	5.4	4.0	1.7	4.8	6.0	5.3	7.2	4.6
Colleagues	0	1.3	1.4	6.9	6.8	1.5	0	0.9
Classmates	21.2	46.3	24.8	1.2	1.2	1.5	1.2	0.9
Alone	2.7	3.4	9.7	25.4	29.2	38.9	56.6	36.7
Others	1.6	0	1.4	4.4	3.6	7.6	6.0	11.9

Base – all participants (base number = 1,505)

4.10 Children under the age of 10 usually played sports with their parents. Those respondents aged 10-14 tended to play sports with their classmates. Respondents aged 15-44 usually play sports with their friends while those aged 45 or above tended to play sports activities alone.

Table 4.11 Companion by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Parents	0	1.6	1.3	0.7	2.3	0.7
Children	1.7	5.7	12.7	8.5	6.3	7.6
Friends	45.0	39.8	36.1	43.4	47.7	46.9
Siblings	0	0	0	1.0	0.8	0.7
Relatives	5.0	2.4	6.3	3.5	1.6	5.5
Colleagues	0	0	1.3	4.7	6.3	4.0
Classmates	0	2.4	13.9	10.2	14.8	4.4
Alone	41.7	37.4	25.3	23.9	18.0	26.2
Others	6.7	10.6	3.2	4.0	2.3	4.0

Base – all 15+ year-old participants (base number = 1,145)

4.11 All the educational groups tended to play sports with their friends.

Table 4.12 Companion by Occupation (%)

	Professionals & semi-professionals	Clerical & Service Workers	Production Workers	Students	Housewives	Others
Parents	0.8	1.7	1.8	1.1	0.6	0
Children	11.1	9.3	10.8	0	15.5	2.6
Friends	45.9	39.7	43.2	52.1	33.5	43.0
Siblings	0	1.3	0.9	1.1	0	0
Relatives	3.7	4.6	5.4	2.3	4.5	6.6
Colleagues	7.0	7.2	7.2	0	0	0
Classmates	2.5	1.7	0.9	31.8	1.3	0.7
Alone	23.8	32.1	24.3	10.3	36.1	39.1
Others	5.3	2.5	5.4	1.1	8.4	7.9

Base – all 15+ year-old participants (base number = 1,159)

4.12 All the occupational groups tended to play sports with their friends, except for housewives who tended to play sports alone.

Table 4.13 Facilities in use

Facilities	(N)	Pct of Cases (%)
Facilities managed by two former Municipal Councils	926	61.4
Private clubs	214	14.2
Home	99	6.6
Community halls	25	1.7
Schools	89	5.9
Facilities managed by other voluntary organisations	47	3.1
Facilities managed by the Agricultural and Fisheries Department	60	4
Facilities provided by company	10	0.7
Others	37	2.5

Base – all participants (base number = 1,507)

4.13 Majority of the respondents used to play sports in the facilities managed by the two former municipal councils (61.4%). Facilities managed by private clubs constituted about 14 percent.

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
Former Municipal Councils	57.8	62.8	73.4	53.3	61.6	57.0	55.6	59.6
Private clubs	19.4	5.4	6.1	27.0	19.6	15.6	6.2	3.7
Home	3.9	4.7	4.3	7.4	6.8	10.2	13.6	8.3
Community halls	3.3	1.4	1.4	0.4	1.2	1.6	2.5	3.7
Schools	9.4	21.6	9.2	1.2	1.2	0.8	0	0
Voluntary organisations	3.3	1.4	2.3	3.7	2.4	0.8	9.9	4.6
Agricultural and Fisheries Dept.	0.6	0.7	1.7	3.7	4.0	7.8	11.1	11.9
Company's Facilities	0.6	0	0	1.6	1.2	1.6	0	0
Others	1.7	2.0	1.4	1.6	2.0	4.7	1.2	8.3

Base – all participants (base number =1,486)

4.14 All the age groups tended to play sports in facilities managed by the former two Municipal Councils.

Table 4.15 Facilities in use by Occupation (%)

	Professionals & semi- professionals	Clerical & Service Workers	Production Workers	Students	House- wives	Others
Former Municipal Councils	53.7	62.0	71.4	70.7	57.1	61.3
Private clubs	27.7	16.2	8.6	5.4	16.0	5.3
Home	5.4	9.4	4.8	3.9	10.3	10.7
Community halls	0.4	0.9	1.9	1.5	1.9	3.3
Schools	1.7	1.3	0	12.4	0	0
Voluntary organisations	5.0	1.3	2.9	3.1	5.1	2.0
Agricultural and Fisheries Department	3.7	3.8	6.7	1.5	7.7	10.7
Company's Facilities	0.8	2.1	0	0	0	1.3
Others	1.7	3.0	3.8	1.5	1.9	5.3

Base – all 15+ year-old participants (base number = 1,146)

4.15 All the occupational groups tended to play sports in the facilities managed by the two former Municipal Councils.

5. Attitudes and Future Intentions

Table 5.1 Benefits of Sports

Benefits	(N)	Pct of Responses (%)	Pct of Cases (%)
Good health	2763	50	75.7
Good physical fitness	1437	26	39.4
Enhance mental intelligence	103	1.9	2.8
Body flexibility	351	6.3	9.6
Enrich social life / make more friends	142	2.6	3.9
Release work pressure	191	3.5	5.2
Enjoyment	247	4.5	6.8
Develop potentials	24	0.4	0.7
Family members are involved	29	0.5	0.8
Others	85	1.5	2.3
Don't know / hard to say	156	2.8	4.3

Base – All people 5+ years old (base number = 3,649)

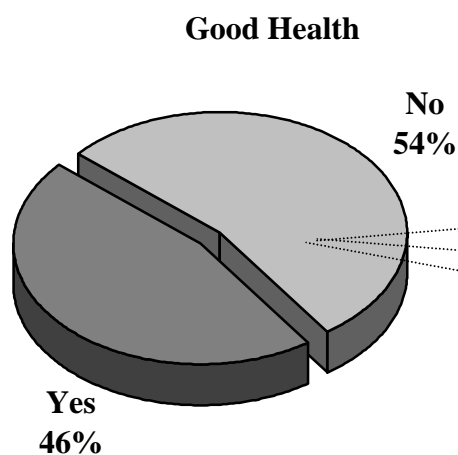
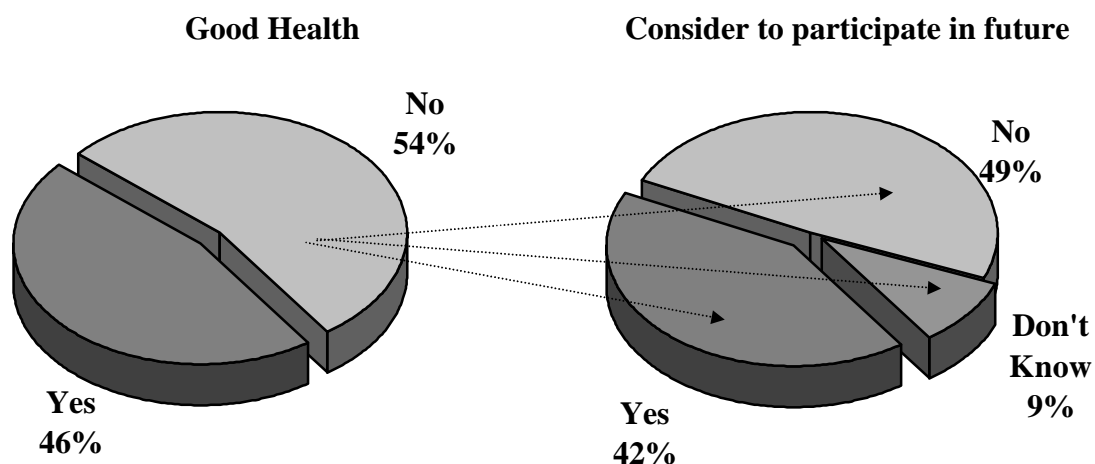
- 5.1 A majority of the respondents (75.7%) reckoned sports would be good to health. Other frequently mentioned benefits were enhancing physical fitness, body flexibility and enjoyment. It was noted that people usually associated benefits of sports with the physical health and ability.

Table 5.2 Will consider / reconsider participation in the future

	(N)	Pct of Cases (%)
Yes	984	44.8
No	1021	46.5
Don't know / hard to say	189	8.6

Base – all non-participants (base number = 2,194)

- 5.2 Of those respondents who had not participated in any sports activities during the last three months or who had stopped participating recently, about 45 percent 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 had mentioned “good health” as one of the benefits of doing sports, it was discovered that about 54 percent of them had not participated in sports during last quarter. Of these non-participants, about 49% of them 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 have 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	72.0	71.2	61.8	60.2	48.2	35.9	19.5	16.7
No	28.0	28.8	38.2	39.8	51.8	64.1	80.5	83.3

Base – all non-participants (base number = 1,973)

5.3 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	11.5	27.9	38.0	54.9	69.2	69.0
No	88.5	72.1	62.0	45.1	30.8	31.0

Base – all 15+ year-old non-participants (base number = 1,642)

- 5.4 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
Badminton	33.8	Aerobic Dance	2.9
Swimming	31.1	Volleyball	2.7
Basketball	14	Athletics	2.5
Soccer	10	Dance	2.2
Squash	8.3	Exercise	2.2
Jogging	7.9	Chinese Martial Arts / Wushu	2.1
Hiking	7.8	Gymnastics	1.3
Table Tennis	7	Tenpin Bowling	1.2
Tennis	6.4	Qikong	0.9
Cycling	4	Others	0.7
Walking	3.7	Judo	0.6
Weight Training	3		

**Those sports with no more than 0.5% are not listed*

Base – all non-participants considering sports participation (base number = 890)

- 5.5 The order of top ten lists had some significant differences from the actual participation. Badminton topped the list, followed by swimming, basketball, soccer, squash, jogging, hiking, table tennis, tennis and cycling.

6. Self-Assessment

Table 6.1 Physical fitness level

Condition	(N)	Pct of Cases (%)
Excellent	132	3.6
Quite good	1085	29.6
Average	1983	54.1
Quite poor	436	11.9
Very poor	31	0.8

Base – all respondents (base number = 3,667)

- 6.1 When the respondents were asked to assess their own physical fitness level compared with others of same age level and sex, a majority of them (87.3%) rated themselves as average to excellent. Only about 13 percent of the respondents thought that their physical fitness was quite poor or very poor.

Table 6.2 Physical fitness by Gender (%)

	Male	Female
Excellent	4.9	2.4
Quite good	32.6	26.7
Average	51.1	56.9
Quite poor	10.3	13.4
Very poor	1.0	0.7

Base – all respondents (base number = 3,667)

- 6.2 Both men and women were confident of their physical fitness.

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	5.5	1.7	3.0	3.1	2.4	5.3	6.1	5.0
Quite good	41.4	26.9	25.0	25.9	27.9	28.4	36.9	34.3
Average	42.1	61.7	54.8	58.9	57.4	53.8	44.4	48.6
Quite poor	10.7	8.6	16.4	11.6	11.8	11.3	11.2	10.4
Very poor	0.3	1.0	0.8	0.6	0.5	1.2	1.4	1.8

Base – all respondents (base number = 3,614)

- 6.3 Compared with people of same age and sex, all the age groups tended to be confident of their physical fitness, especially those aged 5-9 and those aged 55 or above.

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

	Yes	No
Excellent	5.3	2.1
Quite good	36.7	23.1
Average	48.6	59.1
Quite poor	9.3	14.2
Very poor	0.1	1.5

Base – all respondents (base number = 3,662)

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

Table 6.5 Health condition

Health Condition	(N)	Pct of Cases (%)
Excellent	151	4.1
Quite good	1360	36.8
Average	1890	51.2
Quite poor	273	7.4
Very poor	18	0.5

Base – all respondents (base number = 3,692)

- 6.5 Referring to the health condition, about 92 percent of the respondents considered they had average health or above compared with people of same age and sex.

Table 6.6 Health condition by Gender (%)

	Male	Female
Excellent	5.2	3.1
Quite good	39.4	34.4
Average	49.1	53.2
Quite poor	5.7	9.0
Very poor	0.6	0.4

Base – all respondents (base number = 3,692)

6.6 Both male and female respondents were confident of 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	5.2	3.4	4.0	4.1	2.8	5.9	6.0	3.5
Quite good	48.8	40.9	33.3	35.2	34.4	35.0	36.4	38.0
Average	39.9	50.9	54.8	54.1	55.7	49.6	44.2	46.8
Quite poor	6.0	4.5	7.4	6.4	6.9	8.5	12.0	10.6
Very poor		0.3	0.5	0.2	0.3	0.9	1.4	1.1

Base – all respondents (base number = 3,638)

6.7 All the age groups were confident of their health condition, especially those aged 5-9.

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

	Yes	No
Excellent	5.6	2.7
Quite good	43.2	30.9
Average	45.8	56.2
Quite poor	5.2	9.4
Very poor	0.2	0.8

Base – all respondents (base number = 3,686)

6.8 Those respondents who had participated in sports during the last quarter considered their health was more favourable than those who hadn't.

7. Spending on Sports

Table 7.1 Ever spent on sports

	(N)	Pct of Cases (%)
Yes	1672	45
No	2040	55

Base – all people 5+ years old (base number = 3,712)

- 7.1 Over two-fifths of the respondents (45%) have spent money on sport-related goods or services for the past 12 months.

Table 7.2 Ever spent on sports by Gender (%)

	Male	Female
Yes	48.3	41.9
No	51.7	58.1

Base – all people 5+ years old (base number = 3,712)

- 7.2 Male respondents were more likely to spend money on sports-related goods and services 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	39.9	56.5	67.0	58.5	47.6	26.6	15.2	6.9
No	60.1	43.5	33.0	41.5	52.4	73.4	84.8	93.1

Base – all people 5+ years old (base number = 3,657)

- 7.3 In general, young generation was more likely to spend money on sports.

Table 7.4 Ever spent on sports by Education (%)

	No Education	Primary	Lower Secondary	Upper Secondary	Matric	Post Secondary
Yes	6.8	16.2	34.1	53.7	65.3	67.6
No	93.2	83.8	65.9	46.3	34.7	32.4

Base – all people 15+ years old (base number = 2,909)

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	66.6	50.6	34.1	65.9	29.3	17.4
No	33.4	49.4	65.9	34.1	70.7	82.6

Base – all people 15+ years old (base number = 2,953)

7.5 Among those being employed, both professional and clerical service workers were more willing to spend money on sports than production workers. Students were the second major group to spend money on sports.

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	34.8	43.5	46.7	58.6	58.3	64.2	71.7
No	65.2	56.5	53.3	41.4	41.7	35.8	28.3

Base – all people 15+ years old (base number = 2,434)

7.6 In general, the higher the personal income level, the more likely the 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	63.4	28.6
No	36.6	71.4

Base – all people 5+ years old (base number = 3,707)

- 7.7 Those with sports participation in the last three months were more willing to spend money on sports-related goods and services.

Table 7.8 Types of goods or services on that respondents spent

Types of goods /services	(N)	Pct of Responses (%)	Pct of Cases (%)
Equipment	882	31.7	53.1
Sports clothing	848	30.5	51.1
Entrance fee / membership fee	410	14.8	24.7
Training fee	129	4.6	7.8
Tickets for matches	22	0.8	1.3
Venue charges	442	15.9	26.6
Sports magazine / books	40	1.4	2.4
Others	6	0.2	0.4

Base – all people who spent money on sports-related goods and services (base number = 1,661)

7.8 Over half of the respondents spent on equipment (53.1%) and sports clothing (51.1%) respectively.

Table 7.9 Average monthly spending on sports

Amount	(N)	Pct of Cases (%)
Less than \$100	521	43
\$101 - \$250	248	20.5
\$251 - \$350	121	10
\$351 - \$500	146	12.1
\$501 - \$1,000	114	9.4
More than \$1,000	61	5

Base – all people who spent money on sports-related goods and services (base number = 1,211)

7.9 Respondents were asked to state approximately how much they had spent on sports items per month. Most of the respondents (43%) spent less than \$100 per month.

From the calculation of the total average monthly spending on sports, the average yearly spending of an individual respondent is about \$4,682.