

參與模式 PATTERN OF PARTICIPATION

四星期參與率

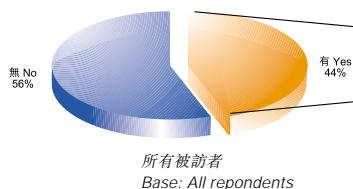
Four-Week Participation

44%的被訪者在訪問前三個月內曾參與體育活動，其中約86%表示在被訪前四星期內亦有做運動，即是說大約38%的香港市民（約二百一十七萬的運動人口）每月最少做一次運動。基於「三個月」及「四星期」參與率關係密切，前者可作為量度季別體育參與模式的標準。

Of those who had participated in at least one sport activity (44%) in the last three months, about 86% of them had taken part during the past four weeks. In other words, approximately 38% of the overall population had taken part in some kind of sports activities at least once a month. This represents a sporting population of about 2.17 million. The close relationship between the 'three-month' and 'four-week' participation rates indicates the reliability of adopting the three-month participation rate as a tool to measure the pattern of sports participation at quarterly intervals.

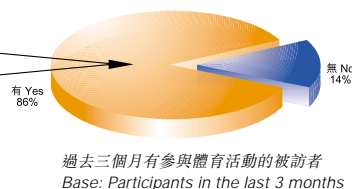
圖八·一 過去三個月參與率

Figure 8.1 Participation During Last 3 Months



圖八·二 過去四星期參與率

Figure 8.2 Participation During Last 4 Weeks



8

體育項目

Sports Activities

自一九九六年開始調查以來，雖然每年排名均有所不同，但羽毛球、籃球及游泳皆成為最受歡迎的三項運動。一九九九年受歡迎程度排行第一的游泳，在二零零零年度依然成為最受歡迎的運動項目。游泳在二零零零年首季及第二季排行第一，但在第三季降至第二，而由於只有部分泳池在冬天開放的關係，因此游泳在第四季便降至第七。游泳的平均參與率為7.6%，即約有四十三萬十五歲及以上的運動人口參與。

羽毛球連續兩年佔據最受歡迎的運動項目的次席。它的排名於本年的四個季度皆位居第一及第二。羽毛球的平均參與率為6.5%，即約有三十七萬人口參與羽毛球運動。

於一九九九年度排行第三的籃球，在二零零零年再度排行第三，約有三十萬運動人口參與，平均參與率為5.3%。

受歡迎程度排行第四至第七位的運動項目分別為緩步跑、足球、漫步及遠足，平均參與率為4.7%至3%不等（即約二十七至十七萬運動人口）。

大部分運動於二零零零年的參與率均較一九九九年低，但個別項目的參與率卻有輕微上升，當中包括健身、乒乓球、保齡球、排球、田徑及舞蹈。

In the four previous surveys, badminton, basketball, and swimming were the three most popular sports, although their relative popularity varied slightly from year to year. In 2000, swimming, which ranked first in 1999, was still the most popular sports activity. It ranked first in the first and second quarters, but had to settle for second place in the third quarter. It fell to seventh in the last quarter, but this is to be expected as fewer pools are open in winter. The average participation rate for swimming was 7.6%, representing a sporting population of about 0.43 million people.

Badminton remained the second most popular sport in 2000. It ranked either first or second in the four quarters of 2000. The average participation rate was 6.5%, representing a sporting population of 0.37 million.

Basketball, which was also the third most popular sport in 1999, also ranked third in 2000. The average participation rate was 5.3%, representing a sporting population of about 0.3 million.

Jogging, soccer, walking, and hiking ranked fourth to seventh, respectively. The average participation rates ranged from 4.7% to 3%, indicating that the number of participants in these sports and activities ranged from 0.27 to 0.17 million.

The majority of sports and activities had lower participation rates in 2000 than in 1999. However, some activities, such as weight training, table tennis, tenpin bowling, volleyball, athletics and dancing, recorded slightly increased participation rates.

表二 參與體育項目的受歡迎程度

Table 2 Popularity of Sports Participated In

體育項目 Sports	參與率 Participation		季度排名 Quarterly Rank			
	年排名 Rank	百分比 Rate%	季度一 1st	季度二 2nd	季度三 3rd	季度四 4th
游泳 Swimming	1	7.6	1	1	2	7
羽毛球 Badminton	2	6.5	1	2	1	2
籃球 Basketball	3	5.3	4	3	4	1
緩步跑 Jogging	4	4.7	8	4	3	3
足球 Soccer	5	4.0	6	5	5	4
漫步 Walking	6	3.8	3	8	6	6
遠足 Hiking	7	3.0	5	6	8	5
健身 Weight training	8	2.5	9	9	7	8
柔軟體操 Exercise	9	2.4	7	9	12	9
網球 Tennis	10	2.0	13	7	9	12
乒乓球 Table tennis	11	1.8	11	11	10	9
武術 Wushu	12	1.5	10	14	12	16
壁球 Squash	13	1.4	12	12	11	17
單車 Cycling	13	1.4	13	13	15	14
保齡球 Tenpin bowling	15	1.0	17	15	18	11
排球 Volleyball	15	1.0	17	15	12	15
田徑 Athletics	15	1.0	21	19	15	12
舞蹈 Dancing	18	0.8	23	15	17	19
高爾夫球 Golf	19	0.6	16	19	20	20
體操 Gymnastics	19	0.6	17	-	19	17
氣功 Qigong	19	0.6	15	19	23	20
桌球 Snooker/Billiards	22	0.5	17	18	20	23

參與率不足半個百分點的項目未有列出

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

以上數據是按過去四週曾參與最少一項體育活動的被訪者數目在人口比例計算，因此並不包括非經常參與者。

基於以上數據為四個季度參與率的平均數，排行第一位表示該項運動全年均受歡迎，然而，這並未反映較受季節影響運動的受歡迎季度，各運動在最受歡迎季度的參與率排名詳列於表三。由於游泳在夏季極受歡迎，所以以全年計仍高踞榜首 (17.1%)。緊隨其後的三項運動依次為羽毛球 (7.6%)、漫步 (6.2%) 及籃球 (5.8%)，而列於第五至第八位的分別是緩步跑 (5.5%)、遠足 (4.3%)、足球 (4.1%) 以及柔軟體操 (4.0%)。

These figures are for people who have taken part at least once in the previous four weeks and thus exclude some of the more infrequent participants.

Because the figures average the rates for each of the four quarters, the higher rates reflect sports that are popular all year round. This does not reflect the popularity of the more seasonal sports, and sports are ranked in Table 3 according to their participation rates during the most popular quarter. Given its popularity during the summer months, swimming had the highest participation rate of all sports (17.1%). It was followed by badminton (7.6%), walking (6.2%), and basketball (5.8%), then jogging (5.5%), hiking (4.3%), soccer (4.1%) and general exercise (4.0%).

表三 體育項目在最受歡迎季度的參與率

Table 3 Participation Rate in the Most Popular Quarter

體育項目 Sports	排名 Ranking	最受歡迎季度 Most Popular Quarter	參與率 Participation Rate
游泳 Swimming	1	2nd	17.1%
羽毛球 Badminton	2	2nd	7.6%
漫步 Walking	3	1st	6.2%
籃球 Basketball	4	4th	5.8%
緩步跑 Jogging	5	2nd	5.5%
遠足 Hiking	6	1st	4.3%
足球 Soccer	7	1st	4.1%
柔軟體操 Exercise	8	1st	4.0%
網球 Tennis	9	2nd	3.4%
健身 Weight Training	10	3rd	2.9%

男、女對體育項目喜愛的差別

Gender Differences in Preferences for Sports Activities

10

男性和女性所參與的體育項目有很大差別。籃球和游泳仍然是男性的熱門項目而女性則較喜歡游泳和羽毛球。柔軟體操、武術及單車不入男性十大熱門項目之列，足球、網球及乒乓球亦不能在女性十大項目中佔一席。男性和女性同樣喜愛的運動項目分別有游泳、羽毛球、緩步跑及遠足。

The types of sports played by males and females varied significantly. The most popular sports among male respondents were basketball and swimming. Females were more likely to swim and play badminton. Exercise, wushu, and cycling did not appear in the men's top ten. Soccer, tennis, and table tennis did not appear in the women's top ten. Male and female respondents had similar levels of participation in swimming, badminton, jogging, and hiking.

表四 男女十大參與項目比較

Table 4 Top Ten Sports for Women and Men

體育項目 Sports	男 Men	女 Women
籃球 Basketball	1	9
游泳 Swimming	2	1
足球 Soccer	3	-
羽毛球 Badminton	4	2
緩步跑 Jogging	5	4
遠足 Hiking	6	5
網球 Tennis	7	-
漫步 Walking	8	3
乒乓球 Table Tennis	9	-
健身 Weight training	10	6
柔軟體操 Exercise	-	7
武術 Wushu	-	8
單車 Cycling	-	10

其他社會經濟因素 Other Socioeconomic Factors

籃球是15至24歲年輕人 (21%) 和學生 (27%) 最喜愛的體育項目。游泳及羽毛球亦是年輕人 (分別為11%及12%) 和學生 (分別為12%及14%) 另一個熱門選擇。

老年人、家庭主婦和教育水平較低的受訪者通常參與較溫和及簡單的運動，例如遠足和漫步，而學歷較高的人士則較喜愛參與游泳及羽毛球等項目。

總括來說，不同年齡、教育程度及職業組別於二零二零年參與運動的情況，與過去兩年的相若。

Basketball was the most popular sport among teenagers and young adults aged 15-24 (21%), especially students (27%). Swimming and badminton were also favorite choices for young people (12% and 14% respectively) and students (13% and 12% respectively).

Elderly people, housewives, and respondents with low levels of education usually engaged in less rigorous and simpler activities, such as hiking and walking. Respondents with higher educational levels favored swimming and badminton.

The sporting preferences of the different age, educational, and occupational groups are similar to those observed in 1998 and 1999.

表五 不同社會經濟背景所參與的體育項目
Table 5 Sports Participated in by Socioeconomic Factors

社會經濟組別 Socioeconomic groups	不同社會經濟組別在各項運動的參與率 *Percentage of each socio-economic group who take part in sport									
	SWM	BAD	BBL	JOG	SOC	WLK	HIK	WTR	EXE	TEN
年齡 Age										
15-24	11	12	21	5	10	1	2	2	0	2
25-34	8	9	4	5	6	1	2	5	2	4
35-44	10	9	2	6	3	1	3	2	1	3
45-54	6	3	1	5	1	5	2	2	2	1
55-64	3	1	0	4	0	10	4	0	6	1
65 及以上 & above	3	0	0	2	0	12	7	0	6	0
教育 Education										
無受教育 No education	4	0	0	2	0	11	8	0	5	0
小學 Primary	4	1	1	3	1	8	3	0	3	0
初中 Lower Secondary	6	3	4	3	4	4	3	1	2	1
高中 Upper Secondary	7	8	6	5	6	2	2	2	3	2
預科 Matriculation	14	9	13	6	9	4	3	5	2	3
大專及以上 Post Secondary & above	12	12	8	8	4	3	5	6	2	5
職業 Occupation										
專業人士 Professional	13	12	7	7	6	2	4	6	1	4
文職及服務 Clerical/Service	6	5	3	5	3	1	2	3	2	3
藍領 Production	6	4	2	3	5	1	2	1	1	1
學生 Students	12	14	27	6	11	1	2	2	0	2
家庭主婦 Housewives	6	6	1	3	0	7	3	2	3	1
其他 Others	4	1	1	4	1	11	7	0	5	1

SWM=游泳Swimming BAD=羽毛球Badminton BBL=籃球Basketball JOG=緩步跑Jogging SOC=足球Soccer
WLK=漫步Walking HIK=遠足Hiking WTR=健身Weight Training EXE=柔軟體操Exercise TEN=網球Tennis

參與次數及時間 Frequency and Duration

二零零零年的結果顯示，20%有參與體育活動的被訪者差不多每天都做運動，亦有11%平均每週做三至五次運動。70%參與者的運動次數由每星期兩次到一個月一次不等，這結果與過去三年頗為近似。

結果亦顯示大約70%練習氣功和漫步的被訪者差不多每天做這些運動，隨後的為武術及柔軟體操 (59%至64%的被訪者差不多每天都參與)。高爾夫球、壁球及保齡球的參與次數的百分比為最低，60% - 65%的被訪者表示一個月只參與一至三次 (請參閱表六)。

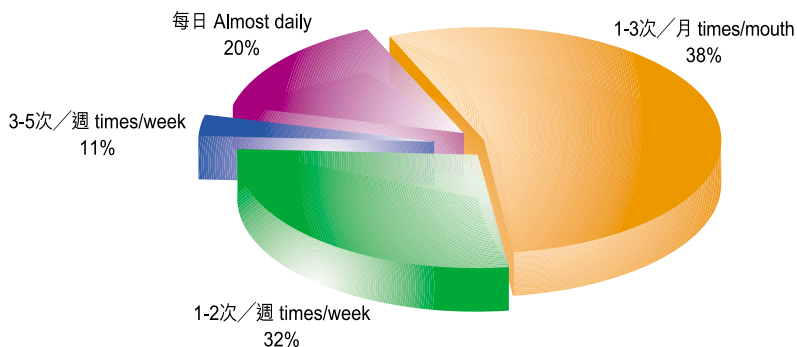
Following the patterns from 1997 to 1999, about 20% of participants played sports almost everyday, and 11% of them participated in sports three to five times per week; 70% of the participants took part in sports from twice per week to once per month.

In 2000, qigong and walking had the most frequent levels of participation, with almost 70% of participants taking part almost everyday, followed by wushu and exercise (59%-64% of participants took part in these activities almost everyday). Golf, squash, and tenpin bowling were the least frequent: 60%-65% of participants took part 1-3 times a month (Table 6).

表六 參與各體育項目的頻率
Table 6 Sports Participated in by Frequency

體育項目 Sports	頻率 Frequency (%)			
	1-3 次 / 月 times/month	1-2 次 / 週 times/week	3-5 次 / 週 times/week	每日 Almost daily
游泳 Swimming	45	32	10	13
羽毛球 Badminton	57	33	7	3
籃球 Basketball	46	36	14	4
緩步跑 Jogging	33	31	11	25
足球 Soccer	53	35	8	3
漫步 Walking	10	12	10	69
遠足 Hiking	44	23	9	24
健身 Weight training	30	40	19	12
柔軟體操 Exercise	9	20	13	59
網球 Tennis	47	40	8	5
乒乓球 Table tennis	52	34	12	2
武術 Wushu	7	17	13	64
壁球 Squash	65	28	5	2
單車 Cycling	29	31	13	27
保齡球 Tenpin bowling	65	24	9	1
排球 Volleyball	52	32	12	5
田徑 Athletics	37	32	17	15
舞蹈 Dancing	27	38	20	16
高爾夫球 Golf	60	28	8	5
體操 Gymnastics	32	37	14	18
氣功 Qigong	12	19	0	70
桌球 Snooker/Billiards	52	39	8	2

圖九 參與次數
Figure 9 Frequency of Participation



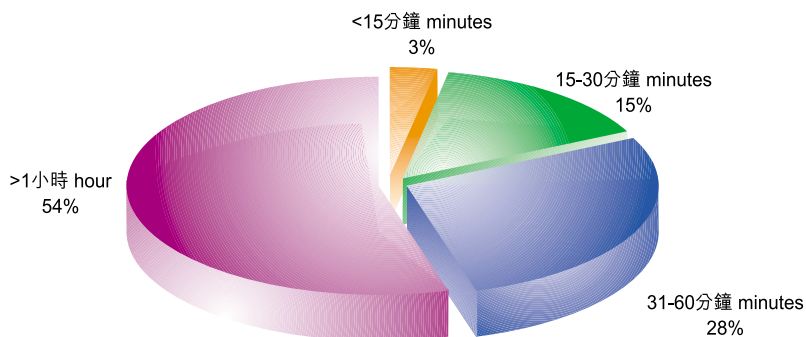
至於用在運動的時間，超過一半 (54%) 被訪者平均每次運動維持在一小時以上，約四分之一 (28%) 被訪者平均每次做運動半小時至一小時，而18%的被訪者則花三十分鐘或以下做運動。

約七至八成有參與足球、保齡球、排球、籃球、網球及高爾夫球的被訪者每次花超過一小時做運動，而做柔軟體操的被訪者(65%)則每次運動少於半小時 (請參閱表七)。

More than half (54%) of the respondents spent over an hour in an average sports session. A quarter (28%) spent between half an hour and an hour, on average, and 18% spent half an hour or less.

Most participants (70-80%) in soccer, tenpin bowling, volleyball, basketball, tennis, and golf spent over one hour in a typical session, while 65% of participants spent less than half an hour exercising (Table 7).

圖十 參與時間
Figure 10 Duration of Participation



表七 參與各體育項目的時間

Table 7 Sports Participated in by Duration

體育項目 Sports	時間 Duration (%)			
	<15 分鐘 min	15-30 分鐘 min	31-60 分鐘 min	>1 小時 hour
游泳 Swimming	1	13	27	59
羽毛球 Badminton	1	9	30	60
籃球 Basketball	2	6	20	72
緩步跑 Jogging	4	31	31	33
足球 Soccer	1	4	16	79
漫步 Walking	5	35	29	32
遠足 Hiking	1	11	27	61
健身 Weight training	2	13	33	52
柔軟體操 Exercise	17	48	21	14
網球 Tennis	0	2	28	70
乒乓球 Table tennis	3	13	33	51
武術 Wushu	3	24	41	33
壁球 Squash	1	13	38	48
單車 Cycling	3	23	28	46
保齡球 Tenpin bowling	2	8	16	74
排球 Volleyball	3	6	17	74
田徑 Athletics	3	19	35	44
舞蹈 Dancing	5	8	19	68
高爾夫球 Golf	0	5	25	70
體操 Gymnastics	10	19	28	43
氣功 Qigong	0	31	37	32
桌球 Snooker/Billiards	0	13	18	69

14

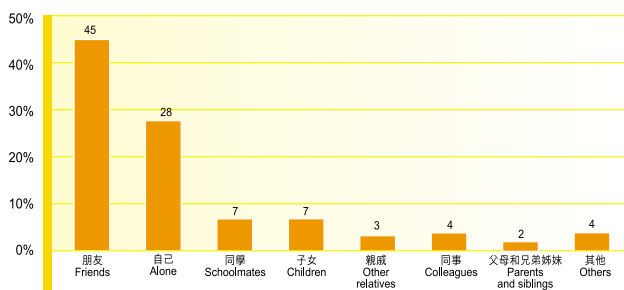
運動伙伴

Companions

45%有做運動的被訪者與朋友一起做運動，這現象在年輕一輩中為最普遍。另外約四分之一(28%)選擇獨自做運動；選擇跟同學一起做運動的約佔一成(7%)。

45% of participants played sports with friends. This was especially true among the younger age groups. Another 28% of participants took part alone. 7% played with schoolmates.

圖十一 運動伴侶
Figure 11 Companions for Sports Participation



使用的設施 Facilities Used

大部分有做運動的被訪者 (61%) 使用康樂及文化事務署轄下的體育設施，大約15%則選擇使用私人會所，亦有約7%會在家中做運動。

The majority of the participants (61%) played sports in facilities managed by the Leisure and Cultural Services Department. 15% used the facilities at private clubs, while 7% of the respondents exercised at home.

表八 運動設施的使用
Table 8 Facilities Used

設施管理 Facilities Managed by:	%
康樂及文化事務署 Leisure and Cultural Services Department	61
私人會所 Private Clubs	15
住所 Home	7
漁農處 Agricultural and Fisheries Department	5
學校 Schools	4
志願團體 Voluntary Organisations	2
社區會堂 Community Halls	1
公司 Company	1

不參與的原因 REASONS FOR NON-PARTICIPATION

市民不參與體育活動的主因是「無時間」(56%)，其次約有16%因為「工作」而沒有參與體育活動。大部分被訪者表示因為時間因素而未能做運動，包括因為要工作及讀書，只有6%直接表示對體育不感興趣。

The main reason for non-participation in sports was “lack of time” (56%), and the second most frequently cited reason was “work” (16%). While the majority gave time-related factors, including work and study, only 6% specifically said they had no interest in sports.

表九 不參與的原因
Table 9 Reasons for Non-participation

原因 Reasons	%
無時間 Lack of time	56
工作 Work	16
讀書 Study	7
身體差 Poor health	3
無同伴 No companion	3
訂場地困難 Hard to book facilities	2
家務 Domestic chores	1
怕受傷 Fear of injuries	1
無興趣 No interest in sport	6

未來意向 FUTURE INCLINATION

在最近才停止運動或從未參與過任何體育活動的被訪者中，一半表示會考慮將來做運動（請參閱圖十二）。

年齡因素對將來做運動的意向有一定影響，年紀愈大，嘗試做運動或重新參與運動的意欲亦愈低（請參閱圖十三）。沒有運動習慣的老年人一般不願意嘗試參與。另一方面，學歷較高的被訪者願意嘗試參與運動的意欲比其他組別為高（請參閱圖十四）。

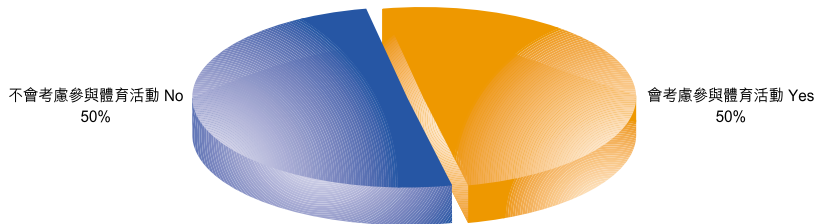
最多被訪者表示會考慮參與的體育項目依次為羽毛球、游泳、籃球、緩步跑及網球。

Of those respondents who had not participated in any sports activities or who had stopped playing recently, 50% indicated the possibility of taking part in sports in future (Figure 12).

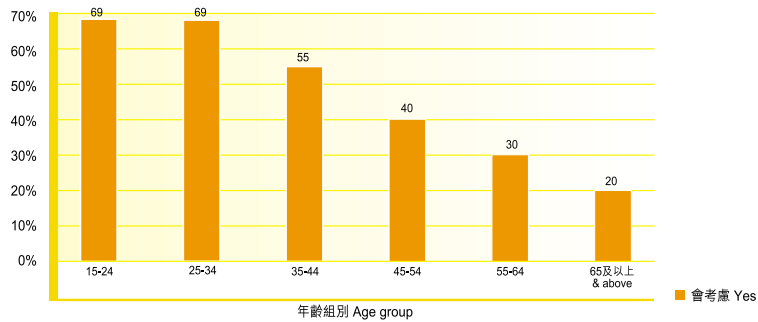
Willingness for non-participants to participate in sports in the future decreased as the age of respondents increased (Figure 13). Older non-participants were more reluctant to take up sports. Respondents with higher educational levels were more inclined to participate in sports in the future (Figure 14).

The sports activities that most non-participants would consider taking part in were badminton, swimming, basketball, jogging, and tennis.

圖十二 未來意向
Figure 12 Future Inclination



圖十三 不同年齡組別的未來意向
Figure 13 Future Inclination by Age



圖十四 不同教育程度的未來意向
Figure 14 Future Inclination by Education Level

