

自我評估 SELF-ASSESSMENT

體能狀況 Physical Fitness

大部分受訪者在與其他同年紀、同性別的人比較時，都認為自己的體能狀況屬於普通 (53%) 或較好 / 非常好 (32%)。另一方面，15% 的受訪者認為自己的體能較差或非常差 (請參閱表十·一)。

When the respondents were asked to assess their own physical fitness level compared with others of the same age and sex, the vast majority rated themselves as average (53%) or above (32%). On the other hand, about 15% thought that their physical fitness was quite poor or even very poor (Table 10.1).

表十·一 體能狀況自我評估
Table 10.1 Self-assessment of Physical Fitness

體能狀況 Condition	%
非常好 Excellent	3
頗好 Quite good	29
一般 Average	53
頗差 Quite poor	14
非常差 Very poor	1

健康狀況 Health Condition

至於健康狀況，一半受訪者覺得自己的健康狀況普通，約四成人認為自己頗健康或非常健康 (請參閱表十·二)。

About half of the respondents considered themselves as having average health compared with people of the same age and sex, while 39% of them claimed that their health condition was quite good to excellent (Table 10.2).

這項調查進行五年以來，受訪者對自我的體能及健康狀況的評價，一直都保持穩定。

People's assessment of their own fitness and health has been very similar in all five yearly surveys.

表十·二 健康狀況自我評估
Table 10.2 Self-assessment of Health Condition

健康狀況 Health Condition	%
非常好 Excellent	4
頗好 Quite good	35
一般 Average	52
頗差 Quite poor	9
非常差 Very poor	0

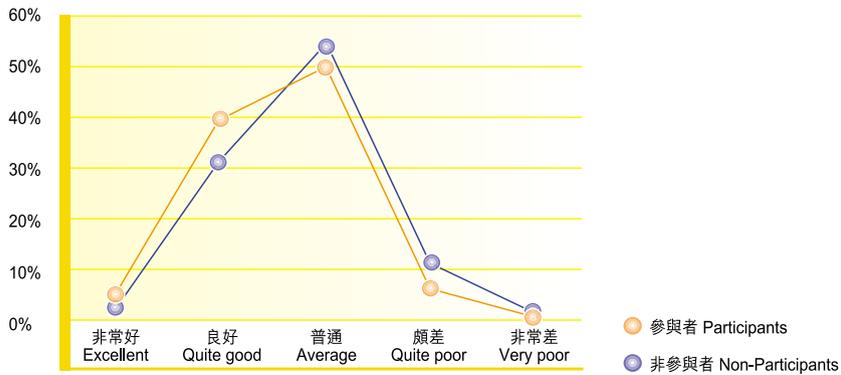
健康及體能狀況的自我評估與參與體育活動

Sports Participation and Self-assessment of Health Condition and Physical Fitness

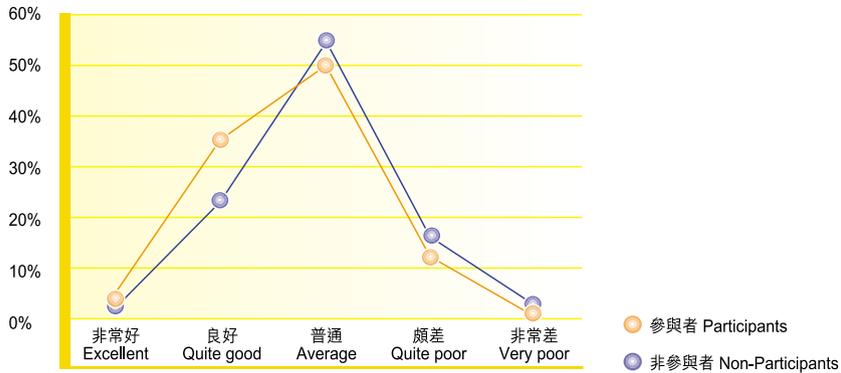
健康及體能狀況的自我評估與參與體育活動有很大關係。受訪問前三個月有經常做運動的人都認為自己較以前健康，這比非參與者的自我評分為高——44%及39%分別認為健康狀況及體能狀況非常好或良好，但只有34%及27%非參與者分別作出相同的評估（請參閱圖十五及十六）。

The extent of people's sports participation is strongly related to their assessment of their physical fitness and health condition. Sports participants (in the previous three months) generally rated themselves healthier and fitter than non-participants: 44% rated their health and 39% their fitness as excellent or quite good compared with 34% and 27% of non-participants, respectively (Figures 15 and 16).

圖十五 自我評估健康狀況
Figure 15 Self-assessment of Health Condition by Sports Participation



圖十六 自我評估體能狀況
Figure 16 Self-assessment of Physical Fitness by Sports Participation



運動的好處 **BENEFITS OF SPORTS**

雖然八成 (81%) 被訪者認為做運動對身體有益，但當中超過一半 (57%) 沒有做運動的習慣；大約三分之一 (32%) 認為做運動可以增強體能，只有7%提及把運動作為娛樂。

81% of all respondents thought that sports participation would contribute to good health, even though more than half (57%) of them were non-participants. About a third (32%) identified the related benefit of good physical fitness, but only 7% mentioned enjoyment.

表十一 好處

Table 11 Benefits of Sport

好處 Benefits	%
身體健康 Good health	81
增強體能 Good physical fitness	32
靈活性 Body flexibility	8
娛樂 Enjoyment	7
紓緩工作壓力 Release work pressure	6

註：此問題可作多個選擇。
Note: Multiple responses

在運動方面的開支 **SPENDING ON SPORTS**

過去十二個月，46%的被訪者有消費在體育用品和服務上，當中以較高學歷者以及年輕人居多 (66%年齡介乎15-24歲和66%有大專教育程度的被訪者，詳情請參閱圖十七及十八)；被訪者消費最多的項目是運動服裝 (56%) 和器材 (49%)，場租約佔27% (請參閱表十二)；約四成 (39%) 被訪者每月花少於\$100，另外約兩成 (22%) 則消費\$101至\$250不等 (請參閱圖十九)。

在二零零零年度，每人平均每年用在體育方面的開支約為\$3,944。以二百六十萬消費人口計算，估計二零零零年度整體體育消費金額達一百零三億港元。

與一九九九年比較，消費人口於二零零零年雖然上升了約十萬，但因人均消費減少了約六百元 (由\$4,573降至\$3,944)，因此，香港的整體體育消費由九九年的一百一十五億下降至二零零零年的一百零三億港元。

Less than half (46%) of respondents had spent money on sport-related activities and goods during the previous 12 months. People with higher education and those of younger age were more likely to spend on sport (66% of those aged 15-24 and 66% of those with post-secondary education—Figures 17 and 18). The items participants usually spent money on were sports clothing (56%) and equipment (49%). Venue charges accounted for about 27% of spending (Table 12). 39% of participants spent less than \$100 per month on sport and another 22% spent \$101-\$250 per month (Figure 19).

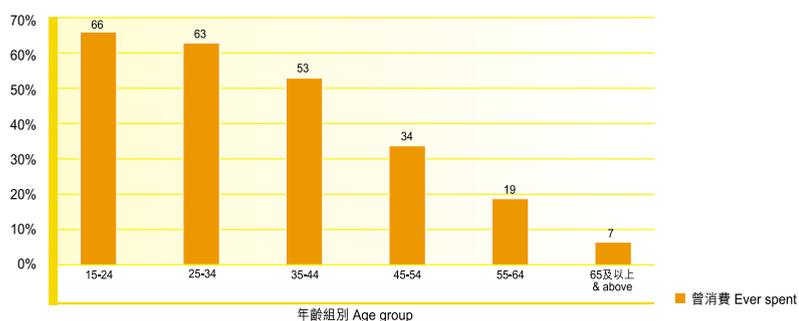
The average annual spending of an individual participant was \$3,944 in 2000. Projecting from the sporting population of 2.6 million, a total expenditure of about \$10.3 billion on sport-related goods and services was generated in 2000.

Compared with the previous year, the number of sports participants spending money increased (by around 0.1 million) but the average spending per participant decreased by \$600 (from \$4,573 to \$3,944). This resulted in a decrease in the total spending on sports goods and services, from \$11.5 billion in 1999 to \$10.3 billion in 2000 (note: one billion indicates one thousand million).

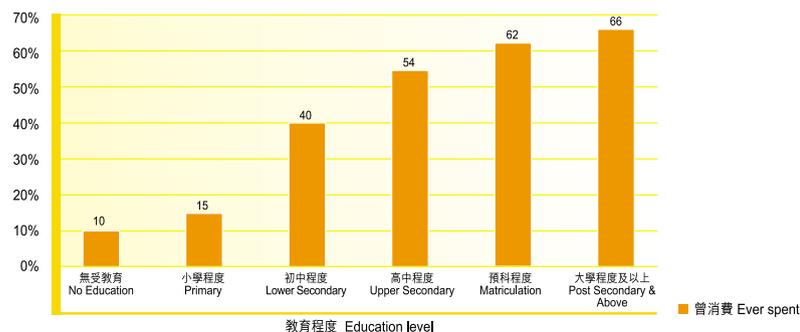
表十二 在運動方面的開支
Table 12 Spending on Sport

開支 Spending	被訪者百分比 % of Participants
運動服裝 Sports clothing	56
運動器材 Equipment	49
場租 Venue charges	27
入會費 Membership fees	25
訓練班費用 Training fees	5

圖十七 不同年齡組別運動消費的比較
Figure 17 Spending on Sports by Age



圖十八 不同教育程度組別運動消費的比較
Figure 18 Spending on Sports by Education



圖十九 每月在運動方面的開支
Figure 19 Monthly Average Spending by Sports Participants

