

本調查於一九九九年及二零零零年共訪問了1,465名5至14歲的青少年，平均六成青少年(折算約為五十萬人*)於過去三個月經常做運動。

一如成年人的調查結果，夏季是青少年最踴躍參與運動的季節，這段時間的運動參與率高達71%，明顯較其餘三季為高(春季為61%、秋季58%及冬季55%)。

另一與成年人相近的結果是男孩子較女孩子活躍，他們的參與率分別是65%及55%。事實上，男孩子的參與率每一季都比女孩子高，除了首兩季的差距較少外，男孩子於秋季及冬季皆遠比女孩子活躍(秋季是67%及47%；冬季是61%及48%)。

以地區分類，港島區的青少年最踴躍參與運動(66%)，比九龍(60%)及新界(58%)區為高。

運動項目 Sports Activities

游泳在一九九九年及二零零零年，都是最受青少年歡迎的運動項目。14.4%的青少年於過去三個月經常游泳，這百分比約折合為十二萬5至14歲的青少年。

緊隨游泳排列第二及第三位分別是羽毛球及籃球，參與率分別為11.8%及11.1%，亦即表示這兩項運動分別吸引了九萬五千名青少年參與。

排列第四至第十位分別是足球、單車、乒乓球、緩步跑、排球、田徑及舞蹈，參與率介乎2.5%至7.6%之間，即表示大約二萬至六萬二千名青少年慣常參與這些運動。

This survey involved altogether 1,465 respondents aged 5 to 14 throughout the years 1999 and 2000. The result showed that about 60% of the youngsters (about 500,000 people aged 5 to 14) habitually participated in sports activities in the past three months.

As in the adults' findings, summer was the most popular season for teenagers to take part in sports. The second quarter recorded a participation rate of 71% compared with 61% in the first quarter, in addition to 58% and 55% in the third and fourth quarters, respectively.

Like adult males, boys seem to be more active than their female counterparts, recording a participation rate of 65% compared with girls' 55% participation rate. In fact, boys were consistently more active than girls throughout the year. Apart from the first two quarters, boys were substantially more active than girls (67% to 47% in the third quarter, 61% to 48% in the fourth quarter).

Among the youths in the three areas of Hong Kong, Hong Kong Island's youths enjoyed the highest participation rate of 66%, compared with 60% and 58% in Kowloon Peninsula and the New Territories, respectively.

In 1999 and 2000, the most popular sport activity among teenagers was swimming. It recorded a participation rate of 14.4%. This rate accounted for 120,000 youngsters aged 5 to 14 who routinely swam.

Badminton and basketball ranked second and third respectively, with participation rates of 11.8% and 11.1%. This means that about 95,000 youngsters took part in each of these two sports.

The activities ranked fourth to tenth were soccer, cycling, table tennis, jogging, volleyball, athletics and dancing. They had rates ranging from 2.5% to 7.6%, and accounted for 20,000 to 62,000 youth participants.

*以約八十三萬全港五至十四歲人口的百分之六十計算。
i.e. 60% of the whole population of 0.83 million people aged 5 to 14.

表十三 參與體育項目的受歡迎程度

Table 13 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	14.4	4	1	3	5
羽毛球 Badminton	2	11.8	1	2	1	2
籃球 Basketball	3	11.1	2	3	2	1
足球 Soccer	4	7.6	3	4	4	4
單車 Cycling	5	6.6	5	4	7	5
乒乓球 Table tennis	6	5.3	7	7	4	3
緩步跑 Jogging	7	4.8	7	6	6	7
排球 Volleyball	8	3.3	9	9	8	8
田徑 Athletics	9	3.0	6	16	9	9
舞蹈 Dancing	10	2.5	10	8	10	10
柔軟體操 Exercise	11	1.6	12	16	11	11
遠足 Hiking	12	1.0	10	16	12	-
網球 Tennis	13	1.0	13	11	15	13
武術 Wushu	14	0.9	13	11	15	15
跆拳道 Taekwondo	14	0.9	-	9	12	15
滾軸溜冰 Roller Skating	16	0.8	16	11	18	13
滑冰 Ice Skating	17	0.7	18	11	21	12
漫步 Walking	18	0.5	13	19	15	-
壁球 Squash	19	0.5	18	11	18	-

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.

男、女孩子對體育項目喜愛的差別

Differences in Preferences for Sports Activities between Boys and Girls

男孩子和女孩子所參與體育項目的差異並未如成人般明顯。籃球和足球仍然是男孩子的熱門項目；女孩子則較喜歡游泳和羽毛球。柔軟體操及舞蹈不入男孩子十大熱門項目之列，而足球及遠足亦不能在女孩子最受歡迎項目中佔一席。男、女孩子同樣喜愛游泳、籃球、羽毛球、單車、緩步跑及田徑。

The types of sports played by males and females varied less significantly compared to adults. The most popular sports among boys were basketball and soccer. Girls were more likely to swim and play badminton. Exercise and dancing did not appear in the boys' top ten. Soccer and hiking did not appear in the girls' top ten. Male and female respondents had similar levels of participation in swimming, basketball, badminton, cycling, jogging and athletics.

表十四 男女十大參與項目比較

Table 14 Top Ten Sports for Girls and Boys

體育項目 Sports	男 Boys	女 Girls
籃球 Basketball	1	3
足球 Soccer	2	-
游泳 Swimming	3	1
羽毛球 Badminton	4	2
乒乓球 Table Tennis	5	9
單車 Cycling	6	4
緩步跑 Jogging	7	6
田徑 Athletics	8	8
排球 Volleyball	9	5
遠足 Hiking	10	-
舞蹈 Dancing	-	6
柔軟體操 Exercise	-	10

參與次數及時間

Frequency and Duration

結果顯示，9%參與體育活動的被訪者差不多每天都做運動，另外12%平均每週做三至五次運動，79%參與者的運動參與次數由每星期兩次到一個月一次不等。

結果亦指出，超過30%習慣參與壁球和網球的被訪者每週最少打球三次，這兩個項目參與次數的百分比最高，隨後的為緩步跑、遠足、籃球、田徑及排球（22%至28%的被訪者每週參與最少三次）。滑水、武術及舞蹈的參與次數的百分比最低，九成或以上的被訪者表示每週只參與少於三次（請參閱表十五）。

About 9% of participants played sports almost everyday, and 12% of them participated in sports three to five times per week; 79% of the participants took part in sports from twice per week to once per month.

Squash and tennis had the most frequent levels of participation, with more than 30% of the participants taking part at least three times a week, followed by jogging, hiking, basketball, athletics, and volleyball (22%-28% of participants took part in these activities at least three times a week). Ice skating, wushu and dancing were the least frequently practiced activities: at least 90% of participants took part less than 3 times a week (Table 15).

表十五 參與各體育項目的頻率

Table 15 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	38	43	14	6
羽毛球 Badminton	40	41	13	7
籃球 Basketball	34	42	15	9
足球 Soccer	38	42	10	11
單車 Cycling	40	34	11	16
乒乓球 Table tennis	41	40	11	9
緩步跑 Jogging	33	39	10	18
排球 Volleyball	32	46	14	8
田徑 Athletics	20	57	10	14
舞蹈 Dancing	27	65	8	0
柔軟體操 Exercise	39	41	14	7
遠足 Hiking	61	13	13	13
網球 Tennis	22	47	16	16
武術 Wushu	22	67	7	4
跆拳道 Taekwondo	20	63	13	3
滾軸溜冰 Roller Skating	55	26	7	13
滑冰 Ice Skating	39	61	0	0
漫步 Walking	18	64	18	0
壁球 Squash	20	47	27	7

24

至於用在做運動的時間方面，超過一半 (54%) 被訪者平均每次做一小時或以上運動，29% 平均每次做運動半小時至一小時，其餘17%則花三十分鐘或以下。

超過六成參與武術、排球、足球、遠足及籃球的被訪者每次用上超過一小時做運動，而近半數 (46%) 習慣做柔軟體操的被訪者則每次運動少於半小時 (請參閱表十六)。

More than half (54%) of the respondents spent over an hour in an average sports session. 29% spent between half an hour and an hour, on average, and 17% spent half an hour or less.

Most participants (60% or above) in wushu, volleyball, soccer, hiking and basketball spent over one hour in a typical session, while almost half (46%) of participants spent less than half an hour exercising (Table 16).

表十六 參與各體育項目的時間

Table 16 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	2	10	29	60
羽毛球 Badminton	2	16	35	47
籃球 Basketball	2	11	25	62
足球 Soccer	1	12	22	65
單車 Cycling	4	15	34	47
乒乓球 Table tennis	5	21	28	46
緩步跑 Jogging	8	26	23	43
排球 Volleyball	0	14	20	66
田徑 Athletics	6	16	33	46
舞蹈 Dancing	0	9	45	45
柔軟體操 Exercise	21	25	18	36
遠足 Hiking	3	13	19	65
網球 Tennis	3	16	36	45
武術 Wushu	0	4	24	72
跆拳道 Taekwondo	0	10	30	60
滾軸溜冰 Roller Skating	10	29	42	19
滑冰 Ice Skating	0	22	30	48
漫步 Walking	0	33	67	0
壁球 Squash	7	13	27	53