

參與積極程度 PARTICIPATION LEVELS

一般趨勢

General Trends

在二零零一年度，香港平均有65%五至十四歲的兒童，曾經在體育堂外參與最少一項體育活動，折算為54萬人（請參閱圖表三十六）。自一九九九年調查展開以來，兒童的運動人口共上升了12%，折算人數達六萬人。

一九九九年及二零零零年的兒童參與率分別為58%及63%。在各年齡組別中，兒童與15-24歲的人士同樣是二零零一年最活躍的市民，參與率達65%。相比之下，十五歲或以上的人士的平均參與率只有48%。

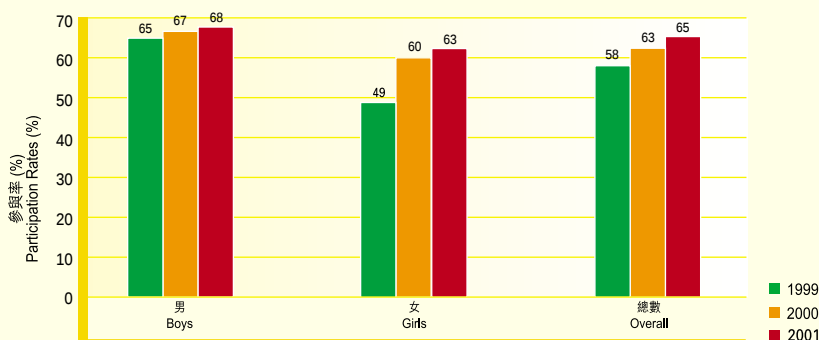
與成年人的結果相若，夏季是兒童最積極參與體育活動的季節，參與率高達69%。隨後的分別為第四季的67%，第一季的64%及第三季的59%。

An average of 65% of Hong Kong children aged 5-14¹ participated in at least one sporting activity outside of physical education lessons during the year 2001 (see Exhibit 36). The estimated number of children participating in sport in 2001 was 0.54 million, an increase of 12% or about 60,000 children since the study first included this age group in 1999.

The percentage of children participating in sport registered 58% in 1999 and 63% in 2000. Its 2001 rate of 65% was identical to that of the 15-24 age group, indicating that both groups were more active than any other age group in Hong Kong. In comparison, the average participation rate of those aged 15 and above was 48%.

As in the adults' findings, summer was the most popular season for children to take part in sport. The second quarter recorded a participation rate of 69% compared with 67% in the fourth quarter, 64% in the first quarter, and 59% in the third quarter.

圖表三十六 一九九九至二零零一年度兒童體育參與率
Exhibit 36 Sports Participation Rates of Children 1999-2001



基數：所有年介5-14歲的受訪者
Base: All respondents aged 5-14

Note: Within this report, people aged 5 to 14 are referred to as "children" while those 15 and above are referred to as "adults."

結果顯示男孩子一般較女孩子活躍，與成年人的兩性比例相近。在二零零一年度，男孩子的參與率是68%，女孩子的是63%（請參閱圖表三十六）。另一方面，在這三年間，女孩子的活躍程度較男孩子有更顯著的升幅，由一九九九年的49%跳升14個百分點至二零零一年的63%，相比之下男孩子的升幅較少，從一九九九年的64%上升至二零零一年的68%，參與率只有四個百分點的增長。考慮到在這三年間此年齡群的人數略為減少的因素，因此女孩的總參與人數共上升27%，而男孩的增幅則只為3%。

Similar to adult males, boys tended to be more active in sport than their female counterparts. In 2001, boys recorded a participation rate of 68% compared with girls' 63% (see Exhibit 36). On the other hand, girls became significantly more sporty over the three-year survey period. The percentage of active girls increased by 14 points, from 49% in 1999 to 63% in 2001. In contrast, boys' participation rates increased by only 4 percentage points, from 64% in 1999 to 68% in 2001. Factoring in a slight decrease in the overall population of 5-14 year olds, we estimate that the total number of active girls grew 27% during the three-year survey period, compared to a 3% increase in the number of active boys.

參與體育活動的喜好

SPORTS PREFERENCES

一般趨勢

General Trends

一九九九至二零零一年間，最受兒童歡迎的體育項目分別是游泳、籃球、羽毛球以及足球，聯同其他慣常受歡迎的項目包括單車、乒乓球、緩步跑、排球、田徑及舞蹈，成為十大最受歡迎的體育項目。

在二零零一年度，曾於受訪前四星期內參與最少一項體育活動的受訪者中，16%慣性參與游泳，即大約132,000名兒童（請參閱圖表三十七），其次是籃球（13%）及羽毛球（12%），分別折算為106,000人及99,000人。

Between 1999 and 2001, the most popular sports among child participants were swimming, basketball, badminton, and soccer, respectively. The other sports that were consistently in the top 10 were cycling, table tennis, jogging, volleyball, athletics, and dancing.

In 2001, some 16% of children who engaged in at least one sports activity in the four weeks prior to the survey were swimmers, accounting for some 132,000 child participants (see Exhibit 37). About 13% played basketball, and 12% engaged in badminton, accounting for about 106,000 and 99,000 child participants, respectively.

其他十大最受歡迎項目包括足球 (8%)、緩步跑 (7%)、乒乓球 (7%)、單車 (6%)、田徑 (3%)、舞蹈 (3%) 及排球 (2%)，折算參與人數介乎19,000人至68,000人之間。這一年，緩步跑首次登上頭五位之列，取代了單車的位置。

The other top ten sports in 2001 were soccer (8%), jogging (7%), table tennis (7%), cycling (6%), athletics (3%), dancing (3%), and volleyball (2%), accounting for between 19,000 and 68,000 participants. Jogging replaced cycling as the fifth most popular sport for the first time.

圖表三十七 二零零一年度兒童參與的體育項目
Exhibit 37 Popularity of Sports Participated In in 2001

體育項目 Sports	排名 Ranking	參與率 Participation Rate	估計運動人口(以千計) Estimated Sporting Population (in thousands)	季度排名 Ranking by Quarter			
				季度一 1st	季度二 2nd	季度三 3rd	季度四 4th
游泳 Swimming	1	16.0	132	2	1	3	7
籃球 Basketball	2	12.8	106	1	4	2	1
羽毛球 Badminton	3	11.9	99	4	2	1	4
足球 Soccer	4	8.2	68	3	6	5	3
緩步跑 Jogging	5	7.5	62	6	4	9	2
乒乓球 Table tennis	6	7.3	60	5	3	4	6
單車 Cycling	7	5.9	49	7	7	7	5
田徑 Athletics	8	3.2	26	8	9	6	8
舞蹈 Dancing	9	2.9	24	9	8	8	12
排球 Volleyball	10	2.3	19	13	11	12	9
柔軟體操 Exercise	11	2.3	19	14	9	11	10
遠足 Hiking	12	1.6	13	11	14	15	11
跆拳道 Taekwondo	13	1.1	9	10	12	13	24
滑冰 Ice skating	14	0.9	7	12	25	19	15
壁球 Squash	15	0.7	6	17	14	10	-
網球 Tennis	16	0.7	6	15	14	19	19
武術 Wushu	16	0.7	6	19	19	16	13
體操 Gymnastics	18	0.5	4	-	12	16	22
壘球 Softball	18	0.5	4	-	20	13	22

基數：所有年介5-14歲的受訪者
Base: All respondents aged 5-14

在二零零一年度，男孩子和女孩子參與體育項目的差異，比諸往年及成年男女之間的差異都更明顯。

在二零零一年度，籃球依然是最受男孩子歡迎的體育項目。於受訪前四星期內曾參與最少一項體育活動的男孩子中，21%曾經參與籃球活動，其次是游泳(15%)及足球(14%)。乒乓球取代了羽毛球的位置，成為第四，緩步跑則取代單車排名第六(請參閱圖表三十八)。

與此同時，游泳及羽毛球依然是最受女孩子歡迎的體育項目，參與率分別為18%及16%。緩步跑取代了籃球，成為第三名(一九九九年排名第八，二零零零年第五)，籃球則跌至第六位，排名僅次於單車及舞蹈。

舞蹈、排球及柔軟體操均不入男孩子十大熱門項目之列，而足球、跆拳道及遠足則不能在女孩子十大最受歡迎項目中佔一席位。

In 2001, the sports preferences between boys and girls were more dissimilar than they had been in the previous two surveys and significantly less similar than among adult men and women.

Basketball remained the most popular sport among boys in 2001. Among those who engaged in at least one sports activity in the four weeks prior to the survey, 21% played basketball, 15% swam, and 14% played soccer. Table tennis replaced badminton as the fourth most popular sport among boys, and jogging replaced cycling as the sixth (see Exhibit 38).

Meanwhile, swimming and badminton remained the two most popular sports among girls, accounting for 18% and 16%, respectively, of girls who engaged in at least one sports activity in the four weeks prior to the survey. Jogging jumped into third place (after ranking eighth in 1999 and fifth in 2000), replacing basketball, which slipped to sixth place behind cycling and dancing.

Dancing, volleyball, and *exercise* were not in the boys' top ten popular sports. Meanwhile, soccer, taekwondo, and hiking were not in the girls' top ten.

圖表三十八 二零零一年度男女十大參與項目比較
Exhibit 38 Top Ten Sports for Girls and Boys in 2001

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

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兒童參與體育活動模式 PARTICIPATION PATTERNS

參與次數 Frequency

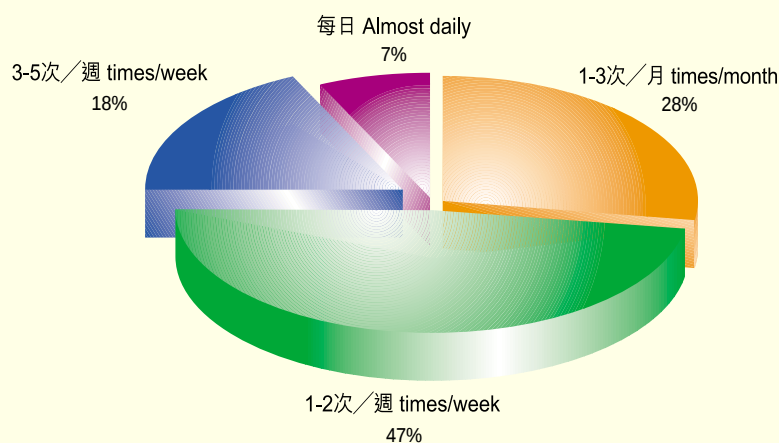
在二零零一年度，曾於受訪前四星期內參與最少一項體育活動的兒童中，接近一半（47%）平均每星期做一至兩次運動，另有28%平均每月參與一至三次，其餘25%的活躍者則每星期參與最少三次。雖然差不多每天都做運動的兒童比兩年前少（二零零一年為7%），但每星期做一至五次運動的，卻由一九九九年的56%上升至二零零一年的65%（請參閱圖表三十九）。

根據市民每月參與次數的估計，體操、柔軟體操及武術是市民參與最頻密的項目，緊隨其後的分別為足球、乒乓球、排球、籃球、緩步跑及跆拳道（請參閱圖表四十）。

In 2001, almost half (47%) of the child respondents who engaged in at least one sports activity in the four weeks prior to the survey took part 1-2 times per week. Some 28% did so 1-3 times per month, while 25% did so at least three times per week. Although the percentage of children who participated almost daily dropped slightly (7%) since 1999, the percentage of those who participated 1-5 times per week increased from 56% in both 1999 and 2000 to 65% in 2001 (see Exhibit 39).

Gymnastics, exercise, and wushu were the most frequently practised activities, based on the estimated average number of times children engaged in sport per month. Soccer, table tennis, volleyball, basketball, jogging, and taekwondo were the other most frequently practised activities (see Exhibit 40).

圖表三十九 二零零一年度兒童體育參與次數
Exhibit 39 Frequency of Participation by Children in 2001



基數：所有年介5-14歲受訪者的數目與其在受訪前四星期內參與的體育項目數目的倍數。

Base: A multiple of the total number of respondents aged 5-14 who engaged in at least one sporting activity in the four weeks prior to the survey and the number of sporting activities they engaged in.

圖表四十 二零零一年度參與各體育項目的次數
Exhibit 40 Sports Participated in by Frequency in 2001

體育項目 Sports	頻率 Frequency (%)				估計平均每月 參與次數 Estimated Average times/month
	1-3 次 / 月 times/month	1-2 次 / 週 times/week	3-5 次 / 週 times/week	差不多每天 Almost daily	
游泳 Swimming	29	50	19	2	7
籃球 Basketball	24	47	15	14	9
羽毛球 Badminton	32	45	18	5	8
足球 Soccer	25	38	24	13	10
緩步跑 Jogging	27	47	17	9	8
乒乓球 Table tennis	23	44	19	14	10
單車 Cycling	39	34	23	4	8
田徑 Athletics	34	42	24	0	7
舞蹈 Dancing	20	62	18	0	7
排球 Volleyball	24	43	19	14	10
柔軟體操 Exercise	9	59	10	22	11
遠足 Hiking	78	16	3	3	4
跆拳道 Taekwondo	0	77	23	0	8
滑冰 Ice skating	34	58	5	4	6
壁球 Squash	34	52	15	0	6
網球 Tennis	70	10	20	0	5
武術 Wushu	0	65	24	11	11
體操 Gymnastics	0	50	35	15	13
壘球 Softball	0	91	9	0	7

基數：所有曾在受訪前四星期內參與個別體育項目的5-14歲的受訪者

Base: All respondents aged 5-14 who took part in the respective activity in the 4 weeks prior to the survey

每次參與時間

Duration

在二零零一年度，有50%的體育參與者平均每次運動一小時以上，約33%平均花半小時至一小時的時間做運動，17%則每次使用半小時或以下的時間（請參閱圖表四十一）。

相比一九九九年，運動超過一小時的兒童已越來越少（九九年錄得61%）；現今的兒童與一九九九年比較，已越發趨向運動少於一小時（由一九九九年的39%上升至二零零一年的50%）。

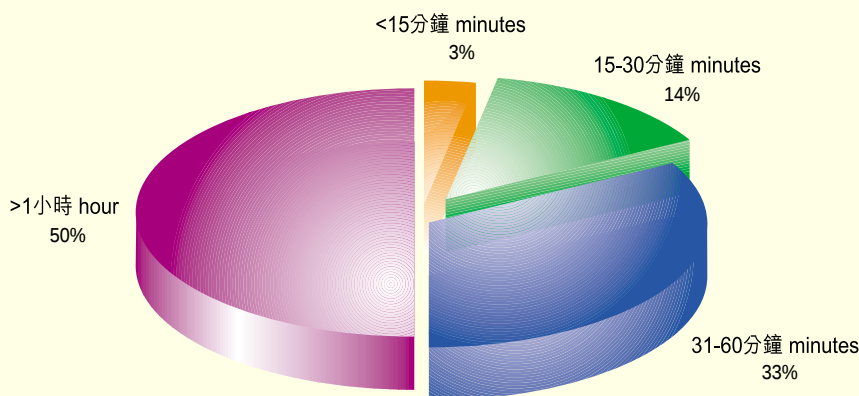
多於半數的兒童當參與網球、跆拳道、遠足、壁球、足球、排球、游泳及籃球時，每次會用多於一小時；而大部份的兒童當參與其他運動時則每次用少於一小時（請參閱圖表四十二）。

In 2001, 50% of the participants spent over an hour in an average sports session. Some 33% spent 31-60 minutes, on average, and 17% spent half an hour or less (see Exhibit 41).

Fewer participants exercised over an hour compared with the 61% registered in 1999. In other words, more people tended to spend under an hour in sports in 2001 (50%) compared with 1999 (39%).

Over half of those who engaged in tennis, taekwondo, hiking, squash, soccer, volleyball, swimming, and basketball spent more than an hour in a typical session, while participants of other sports spent less than an hour in a typical session (see Exhibit 42).

圖表四十一 二零零一年度兒童體育參與時間
Exhibit 41 Duration of Participation by Children in 2001



基數：所有年介5-14歲受訪者的數目與其在受訪前四星期內參與的體育項目數目的倍數。

Base: A multiple of the total number of respondents aged 5-14 who engaged in at least one sporting activity in the four weeks prior to the survey and the number of sporting activities they engaged in.

圖表四十二 二零零一年度參與各體育項目的時間
Exhibit 42 Sports Participated in by Duration in 2001

體育項目 Sports	時間 Duration (%)			
	<15 分鐘 mins	15-30 分鐘 mins	31-60 分鐘 mins	>1 小時 hour
游泳 Swimming	1	9	33	57
籃球 Basketball	2	14	28	56
羽毛球 Badminton	2	16	37	45
足球 Soccer	2	11	26	61
緩步跑 Jogging	6	24	36	33
乒乓球 Table tennis	5	13	42	39
單車 Cycling	3	19	41	38
田徑 Athletics	9	23	36	31
舞蹈 Dancing	0	7	54	39
排球 Volleyball	6	9	28	57
柔軟體操 Exercise	12	32	37	19
遠足 Hiking	0	9	24	67
跆拳道 Taekwondo	0	5	28	68
滑冰 Ice skating	12	4	38	47
壁球 Squash	0	18	19	62
網球 Tennis	0	0	9	91
武術 Wushu	0	18	53	29
體操 Gymnastics	16	32	7	45
壘球 Softball	0	38	19	43

基數：所有曾在受訪前四星期內參與個別體育項目的5-14歲的受訪者

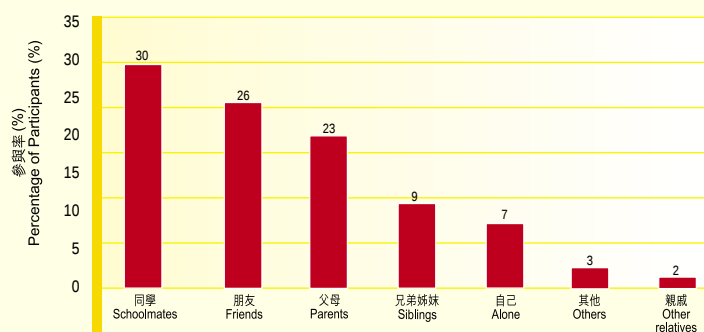
Base: All respondents aged 5-14 who took part in the respective activity in the 4 weeks prior to the survey

運動伙伴 Companions

一如往年的調查，大部分受訪的活躍兒童多數與同學 (30%)、朋友 (26%)、父母 (23%) 或兄弟姊妹 (9%) 一起做運動，另有7%選擇獨自做運動。調查結果顯示選擇獨自做運動的兒童比兩年前多，以父母為運動伙伴的則比兩年前少 (請參閱圖表四十三)。

Similar to past surveys, children surveyed mostly engaged in sports activities either with schoolmates (30%), friends (26%), parents (23%) or siblings (9%), while 7% played sport alone. The findings suggest that children played less with their parents and more alone in 2000 and 2001 than in 1999 (see Exhibit 43).

圖表四十三 運動伴侶 - 二零零一年度
Exhibit 43 Companions for Sports Participation in 2001



基數：所有年介5-14歲的體育參與者
Base: All participants aged 5-14

使用的設施 Facilities Used

一如歷年的調查，有參與體育活動的兒童多數在康樂及文化事務署轄下的場地做運動 (62%)，其次學校 (16%) 和私人會所 (10%) 也是兒童常做運動的地方 (請參閱圖表四十四)。

As in past surveys, the vast majority of children used facilities provided by LCSD (62%), followed by schools (16%) and private clubs (10%) (see Exhibit 44).

圖表四十四 一九九九至二零零一年度運動設施的使用
Exhibit 44 Facilities Used by Participants 1999-2001

設施管理 Facilities Managed by:	1999 (%)	2000 (%)	2001 (%)
康樂及文化事務署 LCSD	60	56	62
學校 Schools	15	17	16
私人會所 Private Clubs	13	14	10
住所 Home	4	5	4
漁農自然護理署 AFCD	1	2	2
社區會堂 Community Halls	2	2	2
志願團體 Voluntary Organisations	2	1	1
公司 Company	0	0	1

基數：所有年介5-14歲的體育參與者
Base: All participants aged 5-14

運動的好處 BENEFITS OF SPORT

在二零零一年度，兒童做運動的原因與成年人的相若——身體健康 (72%) 及增強體能 (43%)。另有12%表示是為了娛樂 (一九九九年只有7%)，8%為了保持身手靈活，7%則為了豐富社交生活或認識朋友 (請參閱圖表四十五)。

In 2001, children indicated that they engaged in sport for much the same reasons as adults - good health (72%) and good physical fitness (43%). Some 12% cited enjoyment as a benefit (compared to only 7% in 1999), while 8% cited body flexibility and 7% cited social life enrichment (see Exhibit 45).

圖表四十五 運動的好處 - 一九九九至二零零一年度
Exhibit 45 Benefits of Sport 1999-2001

好處 Benefits	1999 (%)	2000 (%)	2001 (%)
身體健康 Good health	72	72	72
增強體能 Good physical fitness	45	38	43
身手靈活 Body flexibility	8	9	8
豐富社交生活 / 認識新朋友 Social life enrichment	6	7	7
娛樂 Enjoyment	7	11	12

基數：所有年介5-14歲的受訪者
Base: All respondents aged 5-14

在體育方面的開支 SPENDING ON SPORT

在二零零一年度，59%的兒童 (或父母代為支付) 曾於受訪前十二個月內有消費在體育用品或服務上，每人平均每年用在體育方面的開支約為\$2,612 (請參閱圖表四十六及四十七)。以約49萬的消費人口計算，估計香港兒童在二零零一年度的整體體育消費金額約為12.7億元。

In 2001, about 59% of children (or parents on their behalf) spent money on sports-related goods or services in the 12 months prior to the survey, with average annual spending of \$2,612 per capita (see Exhibit 46 and 47). Projecting these statistics over the child population, we estimate that money was spent by or for about 0.49 million children on sports-related goods and services, with total expenditure amounting to \$1.27 billion.

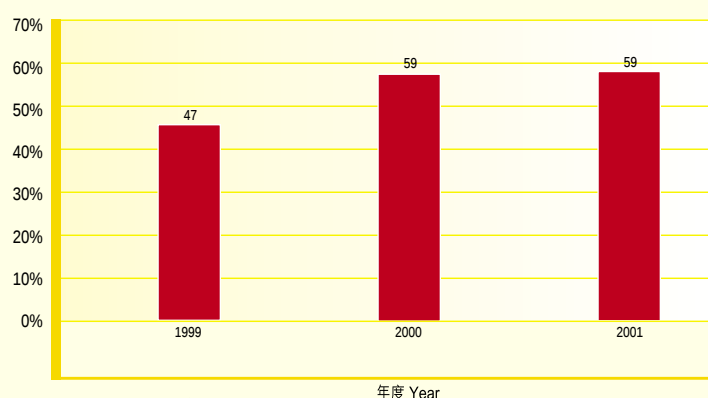
於一九九九至二零零一年間，對比成年人在這期間整體體育消費約的下降了23%，兒童的整體體育消費卻上升了23%；同時，兒童的消費人口亦由一九九九年的47%上升至二零零零及二零零一年的59%；至於人均消費方面，金額亦由二零零零年的\$2,281回升至二零零一年的\$2,612。

Child-related spending increased 23% between 1999 and 2001, in contrast to adult spending which decreased 23% during the same period. The proportion of children who spent money on sport increased from 47% in 1999 to 59% in both 2000 and 2001. The annual spending per capita dropped to \$2,281 in 2000 before rebounding to \$2,612 in 2001.

在二零零一年度，兒童在體育方面消費最多的是運動器材 (62%)，其次是運動服裝 (44%)。這三年間，會員費的百分比升幅最顯著，由一九九九年的15%上升至二零零一年的20%，這結果與成年人的情況相若 (請參閱圖表四十八)。

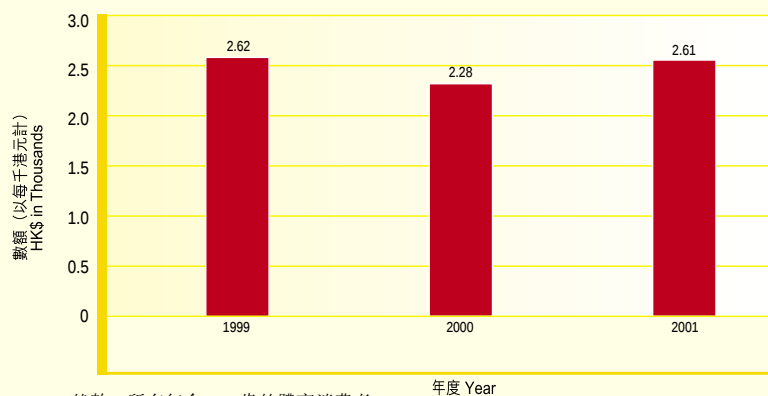
In 2001, most children spent on sporting equipment (62%), followed by sports clothing (44%). As with adults, the percentage of children spending on membership fees increased substantially over the three-year survey period, rising from 15% in 1999 to 20% in 2001 (see Exhibit 48).

圖表四十六 一九九九至二零零一年度兒童運動消費人口比率
Exhibit 46 Child Spending Population 1999-2001



基數：所有年介5-14歲的受訪者
Base: All respondents aged 5-14

圖表四十七 一九九九至二零零一年度兒童運動消費人均開支
Exhibit 47 Children-Related Spending per Capita 1999-2001



基數：所有年介5-14歲的體育消費者
Base: All sports-related spenders aged 5-14

圖表四十八 一九九九年至二零零一年度在運動方面的開支
Exhibit 48 Spending on Sport by Category 1999-2001

開支 Spending	1999 (%)	2000 (%)	2001 (%)
運動器材 Equipment	63	60	62
運動服裝 Sports clothing	44	47	44
會員費 Membership fees	15	17	20
訓練班費用 Training fees	18	16	16
場租 Venue charges	16	18	14

基數：所有年介5-14歲或以上的受訪者
Base: All respondents aged 5-14