

Results of the FY2015 Survey on Physical Fitness and Motor Abilities

1. Objectives

To clarify the state of citizens' physical fitness and motor abilities, and to gather basic data for physical education and sports as well as for government administration.

2. Assessed Items and Test Subjects

- (1) <Test subjects> Elementary school students
 <Assessed items> 1. Grip Strength 2. Sit Up 3. Sit & Reach 4. Side Step
 5. 20m Shuttle Run 6. 50m Run 7. Standing Long Jump
 8. Softball Throw
- (2) <Test subjects> Junior high school-university students (12-19 years old)
 (Junior high school students aged 12 to 14, daytime high school students aged 15 to 17, part-time high-school students aged 15 to 18, technical college students (male) aged 18 to 19, junior college students (female) aged 18 to 19, and university students aged 18 to 19)
 <Assessed items> 1. Grip Strength 2. Sit Up 3. Sit & Reach 4. Side Step
 5. Endurance Run 6. 20m Shuttle Run 7. 50m Run
 8. Standing Long Jump 9. Handball Throw
 Note: Test subjects chose between Endurance Run and 20m Shuttle Run.
- (3) <Test subjects> Adults (20-64 years old)
 <Assessed items> 1. Grip Strength 2. Sit Up 3. Sit & Reach 4. Side Step 5. Fast Walk
 6. 20m Shuttle Run 7. Standing Long Jump
 Note: Test subjects chose between Fast Walk and 20m Shuttle Run.
- (4) <Test subjects> Seniors (65-79 years old)
 <Assessed items> 1. ADL(Activities of Daily Living) Test 2. Grip Strength 3. Sit Up
 4. Sit & Reach 5. Eyes Open One Leg Stand 6. 10m Obstacle Walk
 7. 6 Minute Walk

3. Testing Period

May-October 2015 (May-July for elementary, junior high and high school students)

4. Gathering of Results

Category	Samples	Responses	Response rate
Elementary school	13,536	13,514	99.8%
Junior high school	8,460	8,453	99.9%
High school (daytime)	7,614	7,552	99.2%
High school (part-time)	1,504	1,328	88.3%
Technical college (male)	600	549	91.5%
Junior college (female)	600	419	69.8%
University	2,400	2,195	91.5%
Adult	33,840	26,254	77.6%
Senior	5,640	5,640	100.0%
Total	74,194	65,904	88.8%

Note: Percentages have been rounded off to one decimal place.