

Final Survey Report

I conducted a survey about the exercise habits of local teenagers in my area, and their attitude towards the Olympics. The survey was conducted in November 2007 and 15 questions were posed to 22 males and 17 females. The results were as follows:

Exercise

Of those surveyed, 44% said that they exercised regularly, whereas 56% said they did not (*Chart 1*).

The survey showed that out of the sample it was males which were more likely to do less exercise. Only 41% of males said that they exercised regularly as opposed to 47% of females (*Charts 2 & 3*). This is interesting as the nationwide trend is for teenage girls to do less exercise than boys.¹

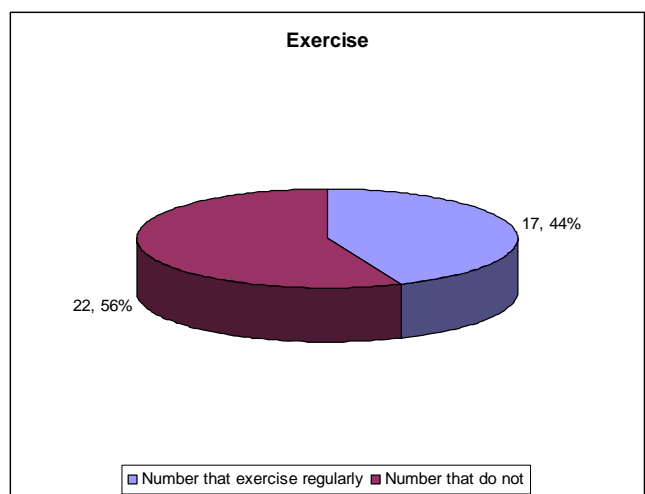


Chart 1

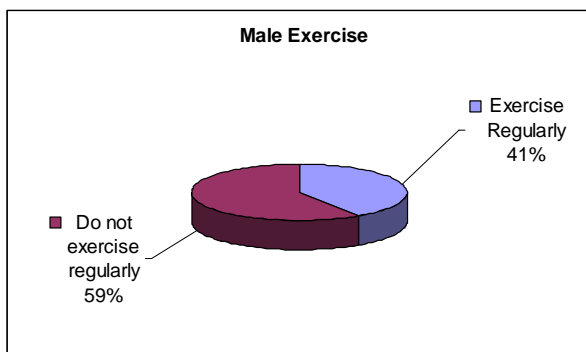


Chart 2

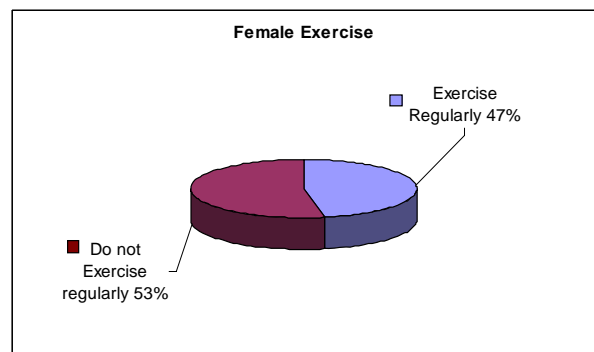


Chart 3

¹ BBC News, Girls 'eating less but more getting fat' <http://news.bbc.co.uk/1/hi/health/1150665.stm>
Site accessed 10th October 2007

Sport

The same trend was even more pronounced when questioned about sport.

41% of those surveyed said that they played sport regularly as opposed to 59% that did not. (*Chart 4*)

Again it was females who were more likely to be taking part in sport with 47% of females saying that they played a regular sport, and only 36 of boys saying the same.

One possible reason for this outcome is that many of the girls surveyed counted activities such as aerobics, or keep fit activities as a sport, whereas the males surveyed only seemed to recognise field and team sports as 'sports'.

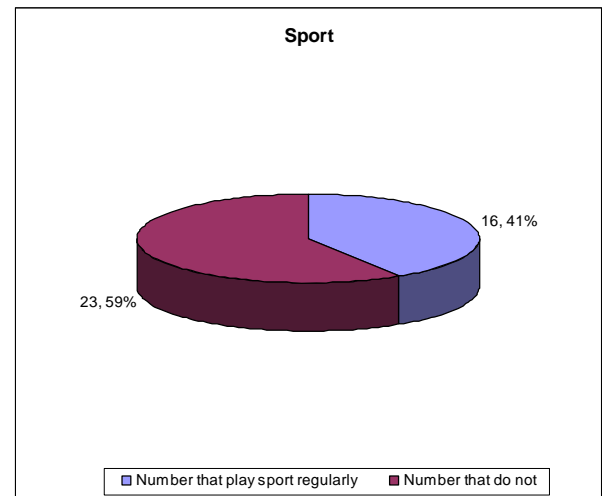


Chart 4

Levels of Exercise Undertaken

So far the results had shown that the vast majority of students polled did not exercise regularly. This was reinforced when students were asked what level of exercise they did per week (Very high, high, medium, low or none). The vast majority (15 students, 38%) did a low amount of exercise per week and though 8 students (21%) did a high amount of exercise, it was worrying to see that of those polled, 5 students (13%) thought they did no exercise per week. (*Chart 5*)

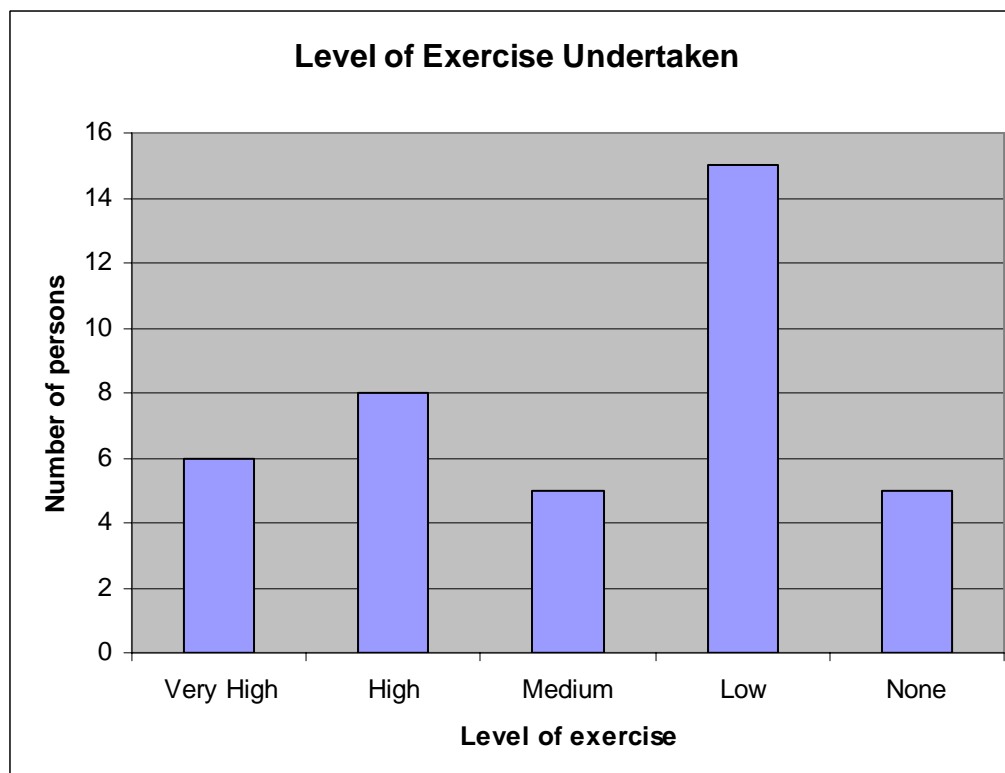


Chart 5

Does Televised Sport Encourage Exercise?

The vast majority of those surveyed believed that televised sport encouraged people to play more sport (*Chart 6*).

Those surveyed also showed that on the whole they preferred to play sport rather than to watch it (*Chart 7*).

This would seem to suggest that a televised event like the Olympics would encourage a great number of people to play more sport. Indeed 59% of those polled agreed that the Olympics does encourage people to play more sport.

Also 56% of survey respondents felt that they were likely to be more active in the run-up to the 2012 Olympics. So maybe there is a link between the Olympics and people doing more sport.

However, some other questions asked seemed to show that this might not be true. 79% of people polled said that they were not more active during the last Olympic games (*Chart 8*) and 52% said that the Olympics was unlikely to play a significant role in the amount of exercise they do over the next few years (*Chart 9*).

Still with 62% saying that when Britain does well at the Olympics, their enthusiasm for sport increases and with 51% of those polled stating that there are adequate sport and exercise facilities in their local area; there is every chance that a successful London Olympics in 2012 will translate into nationwide health benefits for teenagers of this country.

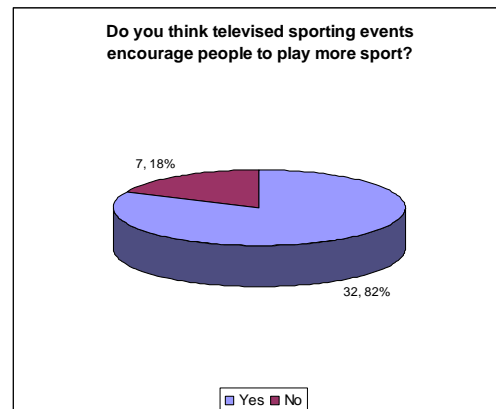


Chart 6

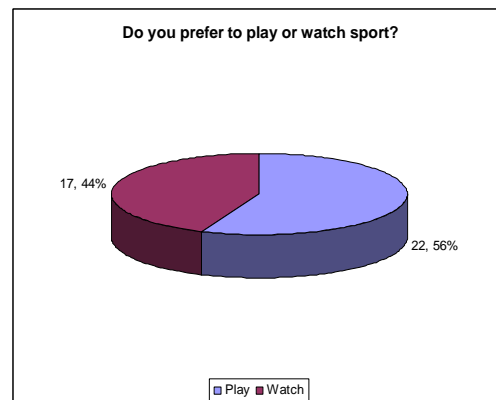


Chart 7

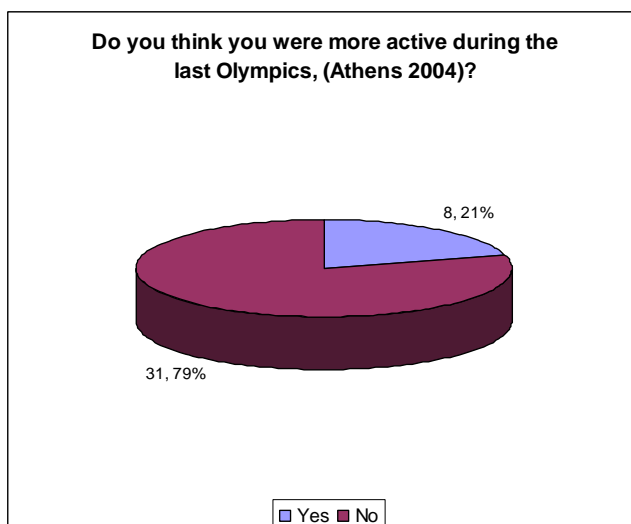


Chart 8

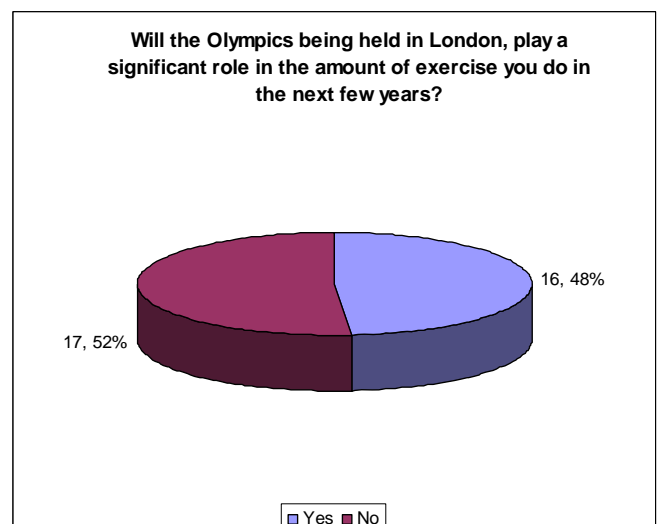


Chart 9