

2021 FITNESS TRENDS IN CHINA

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The China survey of fitness trends was based on the American College of Sports Medicine's Worldwide Survey of Fitness Trends and included 45 possible trends. There were some minor alterations for the purpose of contextualizing the survey for the Chinese fitness industry. The authors deleted the following four potential trends from the China survey: pre- and post-natal fitness, long-term youth development, fitness programs for older adults, and children and exercise. The authors added detailed options under most of the potential trends based mainly on the age group, *i.e.*, children and adolescents, male adults, female adults, older adults, and pre- and post-natal females.

We also added eight potential trends to the China survey to include: healthy diet, certified education for fitness and health professionals, exercise and sport for children and adolescents, aerobic fitness, prevention and rehabilitation of sport injuries, community fitness, home-based fitness, and indoor rowing. The scores and rankings for each trend can be found below in Table 1. Characteristics of responders can be found in Tables 2-10.

Table 1. 2021 Ranking of Fitness Trends in China

Ranking	Trends	Score
1	Exercise for Weight Loss	7.44
2	Healthy Diet	7.40
3	Certified Education for Fitness & Health Professionals	7.39
4	Exercise & Sport for Children & Adolescents	7.38
5	Aerobic Fitness	7.36
6	Core Training	7.25
7	Personal Training	7.24
8	Functional Fitness Training	7.22

9	Health/Wellness Coaching	7.22
10	Licensure for Fitness Professionals	7.20
11	Prevention & Rehabilitation of Sport Injuries	7.17
12	Strength Training with Free Weights	7.17
13	Outdoor Activities	7.16
14	Exercise is Medicine	7.14
15	Employing Certified Fitness Professionals	7.13
16	Body Weight Training	7.10
17	Outcome Measurements	7.09
18	Lifestyle Medicine	7.04
19	Small Group Personal Training	7.00
20	Mobile Exercise Apps	6.99
21	Worksite Health Promotion and Workplace Well-being Programs	6.97
22	Group Training	6.96
23	Community Fitness	6.95
24	Circuit Training	6.94
25	Mobility/Myofascial Devices	6.93
26	Walking/Running/Jogging/Cycling Clubs	6.93
27	Clinical Integration/Medical Fitness	6.92
28	Worker Incentive Programs	6.91
29	Pilates	6.90
30	Boutique Fitness Studios	6.83
31	Yoga	6.81
32	Wearable Technology	6.81
33	Mind-Body Movement	6.80
34	Boxing, Kickboxing, and Mixed Martial Arts (MMA)	6.75
35	Post Rehabilitation Classes	6.75
36	Dance-Based Workouts	6.74
37	Low-cost and Budget Gyms	6.71
38	High Intensity Interval Training (HIIT)	6.67
39	Home-based Fitness	6.66
40	Online Training	6.54
41	Aquatic Exercise	6.32
42	Boot Camp-Style	6.26
43	Virtual Training	6.20
44	Indoor Rowing	6.13
45	Electrical Muscle Stimulation (EMS) Training	5.55

Note: The rows with a blue background are China-specific potential trends added in the survey.

Characteristics of the respondents

Table 2. Survey Respondents' Age

	N	%
21 and under	355	10.5
22 to 34	2390	71.0
35 to 44	455	13.5
45 to 54	130	3.9
55 to 64	27	0.8
65 and above	11	0.3

Table 3. Survey Respondents' Gender

	N	%
Male	2381	70.7
Female	987	29.3

Table 4. Survey Respondents' Occupation

	N	%
Strength & Conditioning Coach (full-time)	387	6.5
Strength & Conditioning Coach (part-time)	220	3.7
Personal Trainer (full-time)	1851	31.3
Personal Trainer (part-time)	359	6.1
Group Exercise Leader	268	4.5
Health/Fitness Specialist (or equivalent)	300	5.1
Clinical Exercise Specialist (or equivalent)	87	1.5
Clinical Exercise Physiologist	55	0.9
Program Manager	208	3.5
Health/Fitness Director	348	5.9
Owner/Operator	166	2.8
Health/Wellness Coach	260	4.4
Undergraduate	559	9.4
Graduate Student	198	3.3
School Teacher	78	1.3
College Teacher	191	3.2
Medical Professional	81	1.4
Registered Dietician	135	2.3
Other	171	2.9

Table 5. Certifications Held by Survey Respondents

	N	%
ACSM-CPT	383	5.6
NSCA-CSCS	281	4.1
NSCA-CPT	318	4.6
NASM-CPT	257	3.7
NASM-CES	158	2.3
ACE-CPT	412	6.0
CrossFit	166	2.4
EXOS	127	1.9
PTA-Global	101	1.5
National Vocational Qualification for Personal Trainer	1664	24.3
Fitness Instructor	850	12.4
Exercise Nutritionist	799	11.6
Certification by Private Education Organization	508	7.4
Rehabilitation Physician	210	3.1
Rehabilitation Therapist	251	3.7
Other	374	5.5

Table 6. Professional Experience of Survey Respondents

	N	%
1 to 3	578	17.2
<1	1044	31.0
3 to 5	796	23.6
5 to 7	400	11.9
7 to 10	263	7.8
10 to 20	233	6.9
>20	54	1.6

Table 7. Worksite of Survey Respondents

	N	%
Commercial Fitness Center	2267	55.7
Clinic Health / Fitness Center	214	5.3
Community-Based Facility or Program	519	12.8
University Recreation Center	357	8.8
Community Recreation Center	140	3.4
Sports Team	206	5.1
Hospital	72	1.8
Others	293	7.2

Table 8. Employing Type of Survey Respondents

	N	%
Part-time	580	17.2
Full-time	2788	82.8

Table 9. Annual Salary of Survey Respondents

	N	%
Less than ¥ 9 000	789	23.4
¥9 000 to ¥30 000	924	27.4
¥30 000 to 100 000	482	14.3
More than ¥ 100 000	443	13.2
Refuse to report	730	21.7

Table 10. Is Your Current Job Your ____?

	N	%
First Job	1228	36.5
Second Job	1040	30.9
≥Third Job	1100	32.7