



Australian Government  
Australian Sports Commission  
Department of Health and Ageing

# Participation in Exercise, Recreation and Sport



## Annual Report 2008

### State and Territory Tables for South Australia



Government of South Australia  
Office for Recreation and Sport



Department of  
Sport and Recreation

### 9.3.5 South Australia

**Table 71: South Australian participants — total participation in physical activity by type of participation, age and sex, 2008 (a)**

		Organised only (c) (A)	Non-organised only (d) (B)	Both organised and non-organised (e) (C)	Total organised (A + C)	Total non-organised (B + C)	Total participation (A + B + C)
Sex	Age group (years)	Number ('000)					
Males	15 to 24	23.4	22.1	48.3	71.7	70.4	93.8
	25 to 34	12.0*	45.7	30.3	42.2	76.0	88.0
	35 to 44	14.9	49.1	29.2	44.1	78.3	93.1
	45 to 54	5.8*	56.1	33.1	39.0	89.2	95.0
	55 to 64	8.3*	46.6	19.2	27.6	65.9	74.2
	65 and over	11.0*	39.4	22.7	33.7	62.1	73.1
	<b>TOTAL</b>	<b>75.4</b>	<b>259.0</b>	<b>182.8</b>	<b>258.2</b>	<b>441.8</b>	<b>517.2</b>
Females	15 to 24	24.0	31.2	41.1	65.1	72.3	96.3
	25 to 34	10.5*	46.5	29.6	40.1	76.1	86.7
	35 to 44	10.7*	45.3	41.5	52.2	86.8	97.5
	45 to 54	6.9*	57.8	28.8	35.7	86.7	93.6
	55 to 64	2.8**	47.2	23.8	26.6	71.0	73.8
	65 and over	13.1	54.3	20.3	33.3	74.5	87.6
	<b>TOTAL</b>	<b>68.0</b>	<b>282.4</b>	<b>185.1</b>	<b>253.1</b>	<b>467.5</b>	<b>535.5</b>
Persons	15 to 24	47.4	53.3	89.4	136.8	142.7	190.1
	25 to 34	22.5	92.3	59.9	82.4	152.1	174.6
	35 to 44	25.6	94.4	70.7	96.3	165.1	190.7
	45 to 54	12.7*	113.9	62.0	74.7	175.9	188.6
	55 to 64	11.2*	93.9	43.0	54.1	136.9	148.0
	65 and over	24.0	93.7	43.0	67.0	136.7	160.7
	<b>TOTAL</b>	<b>143.4</b>	<b>541.4</b>	<b>367.9</b>	<b>511.2</b>	<b>909.3</b>	<b>1,052.7</b>
Total participation rate (%) (b)							
Males	15 to 24	21.6	20.3	44.5	66.1	64.8	86.4
	25 to 34	12.1*	46.2	30.6	42.6	76.7	88.8
	35 to 44	13.6	44.9	26.7	40.3	71.6	85.2
	45 to 54	5.3*	51.5	30.4	35.7	81.8	87.2
	55 to 64	9.1*	50.7	20.9	30.0	71.7	80.7
	65 and over	10.8*	38.8	22.3	33.1	61.1	71.9
	<b>TOTAL</b>	<b>12.2</b>	<b>41.8</b>	<b>29.5</b>	<b>41.7</b>	<b>71.3</b>	<b>83.5</b>
Females	15 to 24	23.1	30.0	39.5	62.6	69.6	92.7
	25 to 34	10.7*	47.4	30.2	40.9	77.6	88.4
	35 to 44	9.6*	40.7	37.3	46.9	78.0	87.6
	45 to 54	6.1*	51.1	25.5	31.6	76.7	82.7
	55 to 64	2.9**	48.8	24.6	27.5	73.4	76.3
	65 and over	10.7	44.7	16.7	27.4	61.4	72.1
	<b>TOTAL</b>	<b>10.6</b>	<b>43.8</b>	<b>28.7</b>	<b>39.3</b>	<b>72.5</b>	<b>83.1</b>
Persons	15 to 24	22.3	25.1	42.1	64.4	67.2	89.5
	25 to 34	11.4	46.8	30.4	41.8	77.2	88.6
	35 to 44	11.6	42.8	32.0	43.6	74.8	86.4
	45 to 54	5.7*	51.3	27.9	33.6	79.2	84.9
	55 to 64	5.9*	49.8	22.8	28.7	72.5	78.5
	65 and over	10.8	42.0	19.3	30.0	61.3	72.0
	<b>TOTAL</b>	<b>11.3</b>	<b>42.8</b>	<b>29.1</b>	<b>40.4</b>	<b>71.9</b>	<b>83.3</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

(c) Participants' activities are fully organised

(d) Participants' activities are fully non-organised

(e) Participants' activities are part organised and part non-organised

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 72: South Australian participants — total participation in any physical activity (organised and non-organised) by demographics, 2008 (a)**

	MALES		FEMALES		PERSONS	
	Number	Total participation rate (b)	Number	Total participation rate	Number	Total participation rate
	('000)	(%)	('000)	(%)	('000)	(%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	93.8	86.4	96.3	92.7	190.1	89.5
25 to 34	88.0	88.8	86.7	88.4	174.6	88.6
35 to 44	93.1	85.2	97.5	87.6	190.7	86.4
45 to 54	95.0	87.2	93.6	82.7	188.6	84.9
55 to 64	74.2	80.7	73.8	76.3	148.0	78.5
65 and over	73.1	71.9	87.6	72.1	160.7	72.0
<b>REGION</b>						
Capital city	388.2	85.9	407.8	84.9	796.1	85.4
Rest of state	128.9	77.0	127.6	77.8	256.6	77.4
<b>EMPLOYMENT STATUS</b>						
Employed full time	304.9	88.8	148.7	89.7	453.6	89.1
Employed part time	70.0	80.8	193.9	89.6	263.8	87.1
Employed refused	0.5**	100.0**	6.1*	78.7*	6.6*	80.1*
Total employed	375.4	87.2	348.7	89.4	724.1	88.3
Unemployed	21.9	82.6	16.4	86.5	38.2	84.2
Not in the labour force	119.9	73.8	170.4	72.3	290.3	72.9
<b>MARITAL STATUS</b>						
Married	300.1	85.2	310.6	85.1	610.7	85.2
Not married	214.9	81.0	223.6	80.5	438.5	80.8
Refused/Do not know	2.2**	100.0**	1.3**	71.1**	3.5*	86.9*
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	142.5	87.6	170.4	84.0	312.9	85.6
At least one under 18 — none at home	17.0	77.4	5.3*	91.4*	22.3	80.3
No children under 18	357.7	82.3	359.8	82.5	717.4	82.4
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	126.4	93.4	123.6	90.6	250.0	92.0
Undergraduate diploma or associate diploma	36.7	90.4	49.1	88.9	85.8	89.5
Certificate, trade qualification or apprenticeship	109.9	89.5	78.1	90.9	188.0	90.1
Highest level of secondary school	112.7	81.3	120.7	82.4	233.3	81.9
Did not complete highest level of school	95.4	72.4	116.8	72.7	212.1	72.5
Still at secondary school	23.9	82.0	29.9	93.9	53.7	88.2
Other	11.0*	60.0*	16.4	63.4	27.5	62.0
Refused	1.3**	57.7**	0.9**	100.0**	2.2**	69.5**
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	467.7	83.6	487.8	83.4	955.5	83.5
European language/s other than English	24.4	83.1	21.3	80.2	45.7	81.7
Non-European language/s	27.3	81.5	29.5	81.6	56.7	81.6
<b>Total</b>	<b>517.2</b>	<b>83.5</b>	<b>535.5</b>	<b>83.1</b>	<b>1,052.7</b>	<b>83.3</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 73: All South Australian persons — participation in any physical activity by frequency, age and sex, 2008 (a)**

		None	Up to once per week (b)	One or two times per week (c)	Three or four times per week (d)	Five or more times per week	Do not know	Total
Sex	Age group (years)	Number ('000)						
Males	15 to 24	14.7	10.4*	21.4	24.8	37.1	0.0**	108.5
	25 to 34	11.1*	14.0	28.4	23.8	21.8	0.0**	99.0
	35 to 44	16.2	20.8	27.5	21.9	23.0	0.0**	109.4
	45 to 54	14.0	14.9	37.7	14.5	28.0	0.0**	109.0
	55 to 64	17.7	11.1*	20.4	15.9	26.8	0.0**	91.9
	65 and over	28.5	6.2*	21.3	15.1	30.4	0.0**	101.6
	TOTAL	102.3	77.4	156.6	116.0	167.1	0.0**	619.5
Females	15 to 24	7.6*	9.9*	23.9	23.2	39.4	0.0**	103.9
	25 to 34	11.4*	11.4*	21.1	25.1	29.0	0.0**	98.1
	35 to 44	13.8	11.2*	22.0	28.6	35.8	0.0**	111.3
	45 to 54	19.5	8.5*	26.9	23.3	34.4	0.6**	113.1
	55 to 64	22.9	5.8*	16.9	20.9	30.3	0.0**	96.7
	65 and over	33.9	8.2*	19.8	20.4	37.8	1.4**	121.5
	TOTAL	109.1	55.0	130.5	141.3	206.6	2.0**	644.6
Persons	15 to 24	22.4	20.2	45.3	48.0	76.5	0.0**	212.4
	25 to 34	22.5	25.5	49.5	48.9	50.8	0.0**	197.2
	35 to 44	30.0	32.0	49.5	50.5	58.8	0.0**	220.7
	45 to 54	33.5	23.4	64.6	37.7	62.4	0.6**	222.1
	55 to 64	40.6	17.0	37.2	36.7	57.1	0.0**	188.6
	65 and over	62.4	14.4	41.0	35.5	68.2	1.4**	223.1
	TOTAL	211.4	132.5	287.1	257.3	373.7	2.0**	1,264.0
Percentage of row (%)								
Males	15 to 24	13.6	9.6*	19.8	22.9	34.2	0.0**	100.0
	25 to 34	11.2*	14.1	28.7	24.0	22.0	0.0**	100.0
	35 to 44	14.8	19.0	25.1	20.0	21.0	0.0**	100.0
	45 to 54	12.8	13.7	34.6	13.3	25.7	0.0**	100.0
	55 to 64	19.3	12.1*	22.2	17.3	29.2	0.0**	100.0
	65 and over	28.1	6.1*	20.9	14.9	30.0	0.0**	100.0
	TOTAL	16.5	12.5	25.3	18.7	27.0	0.0**	100.0
Females	15 to 24	7.3*	9.5*	23.0	22.3	37.9	0.0**	100.0
	25 to 34	11.6*	11.7*	21.5	25.6	29.6	0.0**	100.0
	35 to 44	12.4	10.1*	19.7	25.7	32.1	0.0**	100.0
	45 to 54	17.3	7.5*	23.8	20.6	30.4	0.5**	100.0
	55 to 64	23.7	6.0*	17.5	21.6	31.3	0.0**	100.0
	65 and over	27.9	6.8*	16.3	16.8	31.1	1.2**	100.0
	TOTAL	16.9	8.5	20.2	21.9	32.1	0.3**	100.0
Persons	15 to 24	10.5	9.5	21.3	22.6	36.0	0.0**	100.0
	25 to 34	11.4	12.9	25.1	24.8	25.8	0.0**	100.0
	35 to 44	13.6	14.5	22.4	22.9	26.6	0.0**	100.0
	45 to 54	15.1	10.5	29.1	17.0	28.1	0.3**	100.0
	55 to 64	21.5	9.0	19.7	19.5	30.3	0.0**	100.0
	65 and over	28.0	6.5	18.4	15.9	30.6	0.6**	100.0
	TOTAL	16.7	10.5	22.7	20.4	29.6	0.2**	100.0

(a) Relates to all persons aged 15 years and over

(b) More than zero and less than once per week

(c) Once or more and less than three times per week

(d) Three or more times and less than five times per week

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 74: South Australian participants — participation in any physical activity by cumulative frequency, age and sex, 2008 (a)**

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	10.4*	83.4	69.9	61.9	93.8
	25 to 34	14.0	74.0	62.6	45.6	88.0
	35 to 44	20.8	72.4	52.7	44.9	93.1
	45 to 54	14.9	80.2	60.6	42.5	95.0
	55 to 64	11.1*	63.0	54.1	42.7	74.2
	65 and over	6.2*	66.9	56.8	45.6	73.1
	<b>TOTAL</b>	<b>77.4</b>	<b>439.7</b>	<b>356.7</b>	<b>283.1</b>	<b>517.2</b>
Females	15 to 24	9.9*	86.5	74.5	62.6	96.3
	25 to 34	11.4*	75.2	66.9	54.1	86.7
	35 to 44	11.2*	86.3	77.3	64.4	97.5
	45 to 54	8.5*	84.5	70.0	57.6	93.6
	55 to 64	5.8*	68.0	59.5	51.1	73.8
	65 and over	8.2*	77.9	71.6	58.2	87.6
	<b>TOTAL</b>	<b>55.0</b>	<b>478.5</b>	<b>419.7</b>	<b>347.9</b>	<b>535.5</b>
Persons	15 to 24	20.2	169.8	144.4	124.5	190.1
	25 to 34	25.5	149.2	129.4	99.7	174.6
	35 to 44	32.0	158.7	130.0	109.2	190.7
	45 to 54	23.4	164.7	130.6	100.1	188.6
	55 to 64	17.0	131.0	113.6	93.8	148.0
	65 and over	14.4	144.8	128.5	103.8	160.7
	<b>TOTAL</b>	<b>132.5</b>	<b>918.2</b>	<b>776.4</b>	<b>631.1</b>	<b>1,052.7</b>
Total participation rate (%) (b)						
Males	15 to 24	9.6*	76.8	64.4	57.1	86.4
	25 to 34	14.1	74.7	63.2	46.0	88.8
	35 to 44	19.0	66.2	48.2	41.1	85.2
	45 to 54	13.7	73.5	55.6	38.9	87.2
	55 to 64	12.1*	68.6	58.9	46.4	80.7
	65 and over	6.1*	65.8	55.9	44.9	71.9
	<b>TOTAL</b>	<b>12.5</b>	<b>71.0</b>	<b>57.6</b>	<b>45.7</b>	<b>83.5</b>
Females	15 to 24	9.5*	83.2	71.6	60.2	92.7
	25 to 34	11.7*	76.7	68.1	55.1	88.4
	35 to 44	10.1*	77.6	69.4	57.8	87.6
	45 to 54	7.5*	74.7	61.9	51.0	82.7
	55 to 64	6.0*	70.3	61.5	52.8	76.3
	65 and over	6.8*	64.2	59.0	47.9	72.1
	<b>TOTAL</b>	<b>8.5</b>	<b>74.2</b>	<b>65.1</b>	<b>54.0</b>	<b>83.1</b>
Persons	15 to 24	9.5	79.9	68.0	58.6	89.5
	25 to 34	12.9	75.7	65.7	50.5	88.6
	35 to 44	14.5	71.9	58.9	49.5	86.4
	45 to 54	10.5	74.1	58.8	45.1	84.9
	55 to 64	9.0	69.5	60.2	49.7	78.5
	65 and over	6.5	64.9	57.6	46.5	72.0
	<b>TOTAL</b>	<b>10.5</b>	<b>72.6</b>	<b>61.4</b>	<b>49.9</b>	<b>83.3</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

**Table 75: South Australian recent participants — recent participation in any physical activity by duration and age, 2008 (a)**

		15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	Total
		Number ('000)						
Five hours or more	More than three sessions weekly	51.7	28.5	25.5	30.6	36.5	33.2	205.9
	Two or three sessions weekly	9.1*	6.5*	6.3*	7.6*	7.0*	7.2*	43.7
	Less than two sessions weekly	3.0**	0.0**	0.8**	0.7**	1.8**	2.0**	8.2*
	<i>Total</i>	63.8	35.0	32.6	38.9	45.3	42.3	257.9
Two hours or more but less than five hours	More than three sessions weekly	16.1	27.8	31.8	29.3	26.2	39.0	170.1
	Two or three sessions weekly	31.4	22.6	23.9	22.9	14.9	12.8	128.6
	Less than two sessions weekly	11.2*	3.6*	9.7*	8.0*	4.7*	3.5*	40.7
	<i>Total</i>	58.7	54.0	65.4	60.2	45.8	55.3	339.4
Less than two hours	More than three sessions weekly	3.7*	3.9*	5.7*	4.0*	5.6*	7.3*	30.3
	Two or three sessions weekly	10.1*	14.6	14.5	21.4	16.1	16.1	92.8
	Less than two sessions weekly	36.2	31.0	39.9	36.8	16.7	19.1	179.8
	<i>Total</i>	50.0	49.5	60.2	62.3	38.4	42.5	302.9
Total	More than three sessions weekly	71.5	60.1	63.0	63.8	68.4	79.5	406.3
	Two or three sessions weekly	50.6	43.6	44.8	52.0	38.0	36.1	265.1
	Less than two sessions weekly	50.4	34.6	50.4	45.6	23.2	24.5	228.7
	<b>Total</b>	<b>172.5</b>	<b>138.4</b>	<b>158.1</b>	<b>161.5</b>	<b>129.6</b>	<b>140.1</b>	<b>900.2</b>
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	5.7	3.2	2.8	3.4	4.1	3.7	22.9
	Two or three sessions weekly	1.0*	0.7*	0.7*	0.8*	0.8*	0.8*	4.9
	Less than two sessions weekly	0.3**	0.0**	0.1**	0.1**	0.2**	0.2**	0.9*
	<i>Total</i>	7.1	3.9	3.6	4.3	5.0	4.7	28.7
Two hours or more but less than five hours	More than three sessions weekly	1.8	3.1	3.5	3.3	2.9	4.3	18.9
	Two or three sessions weekly	3.5	2.5	2.7	2.5	1.7	1.4	14.3
	Less than two sessions weekly	1.2*	0.4*	1.1*	0.9*	0.5*	0.4*	4.5
	<i>Total</i>	6.5	6.0	7.3	6.7	5.1	6.1	37.7
Less than two hours	More than three sessions weekly	0.4*	0.4*	0.6*	0.4*	0.6*	0.8*	3.4
	Two or three sessions weekly	1.1*	1.6	1.6	2.4	1.8	1.8	10.3
	Less than two sessions weekly	4.0	3.4	4.4	4.1	1.9	2.1	20.0
	<i>Total</i>	5.6	5.5	6.7	6.9	4.3	4.7	33.6
Total	More than three sessions weekly	7.9	6.7	7.0	7.1	7.6	8.8	45.1
	Two or three sessions weekly	5.6	4.8	5.0	5.8	4.2	4.0	29.5
	Less than two sessions weekly	5.6	3.8	5.6	5.1	2.6	2.7	25.4
	<b>Total</b>	<b>19.2</b>	<b>15.4</b>	<b>17.6</b>	<b>17.9</b>	<b>14.4</b>	<b>15.6</b>	<b>100.0</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport in the two weeks prior to interview in 2008

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 76: South Australian regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2008 (a)**

	MALES		FEMALES		PERSONS	
	Number	Regular participation rate (b)	Number	Regular participation rate	Number	Regular participation rate
	('000)	(%)	('000)	(%)	('000)	(%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	61.9	57.1	62.6	60.2	124.5	58.6
25 to 34	45.6	46.0	54.1	55.1	99.7	50.5
35 to 44	44.9	41.1	64.4	57.8	109.2	49.5
45 to 54	42.5	38.9	57.6	51.0	100.1	45.1
55 to 64	42.7	46.4	51.1	52.8	93.8	49.7
65 and over	45.6	44.9	58.2	47.9	103.8	46.5
<b>REGION</b>						
Capital city	222.8	49.3	262.5	54.6	485.4	52.1
Rest of state	60.3	36.0	85.4	52.1	145.7	43.9
<b>EMPLOYMENT STATUS</b>						
Employed full time	159.0	46.3	89.2	53.8	248.2	48.8
Employed part time	38.4	44.4	124.8	57.7	163.2	53.9
Employed refused	0.5**	100.0**	4.9*	63.4*	5.5*	65.7*
Total employed	198.0	46.0	218.9	56.1	416.9	50.8
Unemployed	13.6	51.5	13.7	72.2	27.3	60.1
Not in the labour force	71.5	44.0	115.3	48.9	186.8	46.9
<b>MARITAL STATUS</b>						
Married	153.0	43.5	204.2	55.9	357.2	49.8
Not married	128.7	48.5	142.5	51.3	271.2	50.0
Refused/Do not know	1.4**	63.3**	1.3**	71.1**	2.7**	66.8**
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	68.1	41.9	112.9	55.7	181.0	49.5
At least one under 18 — none at home	6.7*	30.4*	2.3**	39.3**	9.0*	32.2*
No children under 18	208.3	47.9	232.8	53.4	441.1	50.7
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	74.2	54.8	85.6	62.7	159.8	58.8
Undergraduate diploma or associate diploma	18.1	44.5	31.4	56.8	49.5	51.6
Certificate, trade qualification or apprenticeship	53.4	43.5	48.0	55.9	101.4	48.6
Highest level of secondary school	66.1	47.7	76.6	52.3	142.8	50.1
Did not complete highest level of school	47.7	36.2	77.1	48.0	124.8	42.7
Still at secondary school	16.8	57.8	16.5	51.9	33.3	54.7
Other	5.5*	30.2*	11.8*	45.6*	17.4	39.2
Refused	1.3**	57.7**	0.9**	100.0**	2.2**	69.5**
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	259.7	46.4	310.7	53.1	570.4	49.8
European language/s other than English	10.3*	35.3*	16.7	62.8	27.1	48.4
Non-European language/s	14.5	43.3	22.8	63.2	37.3	53.7
<b>Total</b>	<b>283.1</b>	<b>45.7</b>	<b>347.9</b>	<b>54.0</b>	<b>631.1</b>	<b>49.9</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

(b) For any group, the regular participation rate is the number of persons who participated in the activity at least three times per week on average expressed as a percentage of the population in the same group

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use



**Table 77: South Australian organised participants — participation in organised physical activity by frequency, age and sex, 2008 (a)**

Sex	Age group (years)	None	Up to once per week (b)	Once or twice per week (c)	Three or four times per week (d)	Five or more times per week	Do not know	Total
		Number ('000)						
Males	15 to 24	36.8	15.9	18.0	18.8	19.1	0.0**	108.5
	25 to 34	56.8	11.0*	19.9	5.9*	5.5*	0.0**	99.0
	35 to 44	65.3	21.8	12.5*	3.8*	5.9*	0.0**	109.4
	45 to 54	70.1	14.1	16.6	4.5*	3.6*	0.0**	109.0
	55 to 64	64.4	5.4*	13.3	7.5*	1.3**	0.0**	91.9
	65 and over	68.0	7.9*	18.5	4.9*	2.4**	0.0**	101.6
	<b>TOTAL</b>	<b>361.3</b>	<b>76.2</b>	<b>98.8</b>	<b>45.4</b>	<b>37.8</b>	<b>0.0**</b>	<b>619.5</b>
Females	15 to 24	38.9	11.8*	25.5	13.8	14.1	0.0**	103.9
	25 to 34	58.0	11.0*	18.3	5.4*	5.5*	0.0**	98.1
	35 to 44	59.1	20.6	18.6	10.5*	2.6**	0.0**	111.3
	45 to 54	77.3	10.0*	12.4*	10.9*	2.0**	0.6**	113.1
	55 to 64	70.1	4.8*	10.9*	7.4*	3.5*	0.0**	96.7
	65 and over	88.1	8.2*	14.4	7.7*	3.0**	0.0**	121.5
	<b>TOTAL</b>	<b>391.5</b>	<b>66.4</b>	<b>100.0</b>	<b>55.5</b>	<b>30.6</b>	<b>0.6**</b>	<b>644.6</b>
Persons	15 to 24	75.6	27.7	43.4	32.6	33.1	0.0**	212.4
	25 to 34	114.8	22.0	38.1	11.2*	11.0*	0.0**	197.2
	35 to 44	124.4	42.4	31.0	14.3	8.6*	0.0**	220.7
	45 to 54	147.4	24.1	29.0	15.4	5.6*	0.6**	222.1
	55 to 64	134.5	10.2*	24.2	14.9	4.8*	0.0**	188.6
	65 and over	156.1	16.1	32.9	12.6*	5.4*	0.0**	223.1
	<b>TOTAL</b>	<b>752.8</b>	<b>142.6</b>	<b>198.8</b>	<b>101.0</b>	<b>68.4</b>	<b>0.6**</b>	<b>1,264.0</b>

Percentage of row (%)

Males	15 to 24	33.9	14.7	16.5	17.3	17.6	0.0**	100.0
	25 to 34	57.4	11.1*	20.1	5.9*	5.5*	0.0**	100.0
	35 to 44	59.7	20.0	11.4*	3.5*	5.4*	0.0**	100.0
	45 to 54	64.3	13.0	15.3	4.2*	3.3*	0.0**	100.0
	55 to 64	70.0	5.9*	14.5	8.2*	1.4**	0.0**	100.0
	65 and over	66.9	7.8*	18.2	4.8*	2.4**	0.0**	100.0
	<b>TOTAL</b>	<b>58.3</b>	<b>12.3</b>	<b>15.9</b>	<b>7.3</b>	<b>6.1</b>	<b>0.0**</b>	<b>100.0</b>
Females	15 to 24	37.4	11.3*	24.5	13.2	13.5	0.0**	100.0
	25 to 34	59.1	11.2*	18.6	5.5*	5.6*	0.0**	100.0
	35 to 44	53.1	18.5	16.7	9.4*	2.3**	0.0**	100.0
	45 to 54	68.4	8.8*	10.9*	9.6*	1.7**	0.5**	100.0
	55 to 64	72.5	5.0*	11.3*	7.6*	3.6*	0.0**	100.0
	65 and over	72.6	6.8*	11.9	6.4*	2.4**	0.0**	100.0
	<b>TOTAL</b>	<b>60.7</b>	<b>10.3</b>	<b>15.5</b>	<b>8.6</b>	<b>4.7</b>	<b>0.1**</b>	<b>100.0</b>
Persons	15 to 24	35.6	13.0	20.4	15.3	15.6	0.0**	100.0
	25 to 34	58.2	11.2	19.3	5.7*	5.6*	0.0**	100.0
	35 to 44	56.4	19.2	14.1	6.5	3.9*	0.0**	100.0
	45 to 54	66.4	10.9	13.1	6.9	2.5*	0.3**	100.0
	55 to 64	71.3	5.4*	12.8	7.9	2.5*	0.0**	100.0
	65 and over	70.0	7.2	14.7	5.6*	2.4*	0.0**	100.0
	<b>TOTAL</b>	<b>59.6</b>	<b>11.3</b>	<b>15.7</b>	<b>8.0</b>	<b>5.4</b>	<b>0.0**</b>	<b>100.0</b>

(a) Relates to all persons aged 15 years and over

(b) More than zero and less than once per week

(c) Once or more and less than three times per week

(d) Three or more times and less than five times per week

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use



**Table 78: South Australian organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2008 (a)**

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	15.9	55.8	46.1	37.9	71.7
	25 to 34	11.0*	31.2	20.7	11.3*	42.2
	35 to 44	21.8	22.3	14.0	9.8*	44.1
	45 to 54	14.1	24.8	15.3	8.2*	39.0
	55 to 64	5.4*	22.1	16.6	8.8*	27.6
	65 and over	7.9*	25.8	16.5	7.3*	33.7
	<b>TOTAL</b>	<b>76.2</b>	<b>182.0</b>	<b>129.1</b>	<b>83.2</b>	<b>258.2</b>
Females	15 to 24	11.8*	53.3	44.6	27.8	65.1
	25 to 34	11.0*	29.1	19.5	10.9*	40.1
	35 to 44	20.6	31.6	19.7	13.1	52.2
	45 to 54	10.0*	25.2	17.9	12.8	35.7
	55 to 64	4.8*	21.8	17.5	10.9*	26.6
	65 and over	8.2*	25.1	14.8	10.7*	33.3
	<b>TOTAL</b>	<b>66.4</b>	<b>186.1</b>	<b>133.9</b>	<b>86.1</b>	<b>253.1</b>
Persons	15 to 24	27.7	109.1	90.6	65.7	136.8
	25 to 34	22.0	60.3	40.2	22.2	82.4
	35 to 44	42.4	53.9	33.6	22.8	96.3
	45 to 54	24.1	50.0	33.3	21.0	74.7
	55 to 64	10.2*	43.9	34.1	19.7	54.1
	65 and over	16.1	50.8	31.3	17.9	67.0
	<b>TOTAL</b>	<b>142.6</b>	<b>368.1</b>	<b>263.0</b>	<b>169.3</b>	<b>511.2</b>
Total participation rate (%) (b)						
Males	15 to 24	14.7	51.4	42.4	34.9	66.1
	25 to 34	11.1*	31.5	20.9	11.5*	42.6
	35 to 44	20.0	20.4	12.8	8.9*	40.3
	45 to 54	13.0	22.8	14.1	7.5*	35.7
	55 to 64	5.9*	24.1	18.0	9.6*	30.0
	65 and over	7.8*	25.4	16.2	7.2*	33.1
	<b>TOTAL</b>	<b>12.3</b>	<b>29.4</b>	<b>20.8</b>	<b>13.4</b>	<b>41.7</b>
Females	15 to 24	11.3*	51.3	42.9	26.8	62.6
	25 to 34	11.2*	29.7	19.8	11.1*	40.9
	35 to 44	18.5	28.4	17.7	11.7	46.9
	45 to 54	8.8*	22.3	15.9	11.3	31.6
	55 to 64	5.0*	22.5	18.1	11.3*	27.5
	65 and over	6.8*	20.6	12.2	8.8*	27.4
	<b>TOTAL</b>	<b>10.3</b>	<b>28.9</b>	<b>20.8</b>	<b>13.4</b>	<b>39.3</b>
Persons	15 to 24	13.0	51.4	42.7	30.9	64.4
	25 to 34	11.2	30.6	20.4	11.3	41.8
	35 to 44	19.2	24.4	15.2	10.3	43.6
	45 to 54	10.9	22.5	15.0	9.4	33.6
	55 to 64	5.4*	23.3	18.1	10.4	28.7
	65 and over	7.2	22.8	14.0	8.0	30.0
	<b>TOTAL</b>	<b>11.3</b>	<b>29.1</b>	<b>20.8</b>	<b>13.4</b>	<b>40.4</b>

(a) Relates to persons aged 15 years and over who participated in organised physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

**Table 79: South Australian organised participants — total participation in organised activities by type of organisation, age and sex, 2008 (a)**

Sex	Age group (years)	Fitness, leisure or indoor sports centre	Sport or recreation club or association (c)	Work	School	Other	Total organised participation
		Number ('000)					
Males	15 to 24	27.5	49.8	2.1**	26.8	10.2*	71.7
	25 to 34	12.7*	32.8	2.4**	1.1**	7.8*	42.2
	35 to 44	10.9*	34.6	4.0*	0.0**	7.8*	44.1
	45 to 54	6.8*	30.2	0.7**	0.0**	6.7*	39.0
	55 to 64	7.6*	18.6	0.7**	0.8**	3.3**	27.6
	65 and over	3.9*	25.4	0.0**	0.0**	8.0*	33.7
	<b>TOTAL</b>	<b>69.6</b>	<b>191.5</b>	<b>9.9*</b>	<b>28.8</b>	<b>43.8</b>	<b>258.2</b>
Females	15 to 24	32.2	40.5	1.2**	21.5	12.1*	65.1
	25 to 34	26.8	22.9	0.6**	0.7**	2.2**	40.1
	35 to 44	25.3	25.3	3.7*	2.0**	11.7*	52.2
	45 to 54	20.4	13.9	0.0**	0.8**	10.3*	35.7
	55 to 64	15.9	8.7*	0.5**	0.0**	6.4*	26.6
	65 and over	13.2	13.1	0.0**	0.0**	11.6*	33.3
	<b>TOTAL</b>	<b>133.9</b>	<b>124.3</b>	<b>6.0*</b>	<b>25.0</b>	<b>54.3</b>	<b>253.1</b>
Persons	15 to 24	59.7	90.3	3.3**	48.3	22.3	136.8
	25 to 34	39.6	55.7	3.0**	1.9**	10.0*	82.4
	35 to 44	36.3	59.9	7.7*	2.0**	19.5	96.3
	45 to 54	27.2	44.1	0.7**	0.8**	17.0	74.7
	55 to 64	23.5	27.4	1.2**	0.8**	9.6*	54.1
	65 and over	17.2	38.5	0.0**	0.0**	19.7	67.0
	<b>TOTAL</b>	<b>203.5</b>	<b>315.8</b>	<b>15.9</b>	<b>53.8</b>	<b>98.0</b>	<b>511.2</b>
Total participation rate (%) (b)							
Males	15 to 24	25.4	45.9	1.9**	24.7	9.4*	66.1
	25 to 34	12.8*	33.2	2.4**	1.1**	7.9*	42.6
	35 to 44	10.0*	31.6	3.7*	0.0**	7.2*	40.3
	45 to 54	6.3*	27.7	0.7**	0.0**	6.1*	35.7
	55 to 64	8.3*	20.3	0.7**	0.9**	3.5**	30.0
	65 and over	3.9*	25.0	0.0**	0.0**	7.9*	33.1
	<b>TOTAL</b>	<b>11.2</b>	<b>30.9</b>	<b>1.6*</b>	<b>4.6</b>	<b>7.1</b>	<b>41.7</b>
Females	15 to 24	30.9	38.9	1.1**	20.7	11.6*	62.6
	25 to 34	27.4	23.3	0.6**	0.7**	2.2**	40.9
	35 to 44	22.8	22.7	3.3*	1.8**	10.5*	46.9
	45 to 54	18.0	12.3	0.0**	0.7**	9.1*	31.6
	55 to 64	16.4	9.0*	0.5**	0.0**	6.6*	27.5
	65 and over	10.9	10.8	0.0**	0.0**	9.6*	27.4
	<b>TOTAL</b>	<b>20.8</b>	<b>19.3</b>	<b>0.9*</b>	<b>3.9</b>	<b>8.4</b>	<b>39.3</b>
Persons	15 to 24	28.1	42.5	1.5**	22.7	10.5	64.4
	25 to 34	20.1	28.3	1.5**	0.9**	5.1*	41.8
	35 to 44	16.4	27.1	3.5*	0.9**	8.9	43.6
	45 to 54	12.3	19.9	0.3**	0.4**	7.6	33.6
	55 to 64	12.5	14.5	0.6**	0.4**	5.1*	28.7
	65 and over	7.7	17.2	0.0**	0.0**	8.8	30.0
	<b>TOTAL</b>	<b>16.1</b>	<b>25.0</b>	<b>1.3</b>	<b>4.3</b>	<b>7.8</b>	<b>40.4</b>

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

(c) All aerobics/fitness participants describing their activity as organised by a sport or recreation club or association have been recoded to fitness, leisure or indoor sports centre

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 80: South Australian participants — total participation in specific activities (organised and non-organised) by sex, 2008 (a)**

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
Aerobics/fitness	103.1	16.6	197.9	30.7	301.0	23.8
Aquarobics	1.4**	0.2**	16.0	2.5	17.4	1.4
Athletics/track and field	1.4**	0.2**	3.0**	0.5**	4.4*	0.4*
Australian rules football	59.1	9.5	4.7*	0.7*	63.8	5.1
Badminton	7.2*	1.2*	9.6*	1.5*	16.8	1.3
Baseball	6.4*	1.0*	0.0**	0.0**	6.4*	0.5*
Basketball	35.9	5.8	24.0	3.7	59.9	4.7
Billiards/snooker/pool	3.2**	0.5**	0.0**	0.0**	3.2**	0.2**
Boxing	8.2*	1.3*	1.8**	0.3**	10.0*	0.8*
Canoeing/kayaking	10.5*	1.7*	5.0*	0.8*	15.5	1.2
Carpet bowls	2.1**	0.3**	2.4**	0.4**	4.5*	0.4*
Cricket (indoor)	5.5*	0.9*	0.7**	0.1**	6.2*	0.5*
Cricket (outdoor)	38.4	6.2	6.1*	1.0*	44.6	3.5
Cycling	95.6	15.4	52.9	8.2	148.5	11.7
Dancing	3.0**	0.5**	20.1	3.1	23.1	1.8
Darts	2.0**	0.3**	4.3*	0.7*	6.3*	0.5*
Fishing	22.0	3.6	4.1*	0.6*	26.1	2.1
Football (indoor)	23.3	3.8	3.8*	0.6*	27.1	2.1
Football (outdoor)	38.0	6.1	10.6*	1.6*	48.6	3.8
Golf	46.9	7.6	9.9*	1.5*	56.8	4.5
Gymnastics	1.4**	0.2**	3.2**	0.5**	4.6*	0.4*
Hockey (indoor)	3.5*	0.6*	2.1**	0.3**	5.6*	0.4*
Hockey (outdoor)	8.1*	1.3*	6.1*	0.9*	14.2	1.1
Horse riding/equestrian activities/polocrosse	2.5**	0.4**	5.2*	0.8*	7.7*	0.6*
Ice/snow sports	3.2**	0.5**	3.8*	0.6*	7.1*	0.6*
Lawn bowls	23.2	3.8	7.6*	1.2*	30.8	2.4
Martial arts	13.0	2.1	12.9	2.0	25.9	2.0
Motor sports	10.8*	1.7*	2.4**	0.4**	13.2	1.0
Netball	10.5*	1.7*	71.9	11.2	82.4	6.5
Orienteering	2.4**	0.4**	2.3**	0.4**	4.7*	0.4*
Rock climbing	3.7*	0.6*	0.6**	0.1**	4.3*	0.3*
Roller sports	2.1**	0.3**	0.7**	0.1**	2.8**	0.2**
Rowing	0.0**	0.0**	1.1**	0.2**	1.1**	0.1**
Rugby league	4.5*	0.7*	0.0**	0.0**	4.5*	0.4*
Rugby union	4.9*	0.8*	0.0**	0.0**	4.9*	0.4*
Running	69.5	11.2	44.4	6.9	113.9	9.0
Sailing	1.6**	0.3**	1.1**	0.2**	2.8**	0.2**
Scuba diving	5.5*	0.9*	0.6**	0.1**	6.1*	0.5*
Shooting sports	6.9*	1.1*	0.5**	0.1**	7.4*	0.6*
Softball	0.0**	0.0**	4.1*	0.6*	4.1*	0.3*
Squash/racquetball	7.9*	1.3*	1.9**	0.3**	9.8*	0.8*
Surf sports	11.6*	1.9*	6.1*	1.0*	17.8	1.4
Swimming	53.5	8.6	76.2	11.8	129.7	10.3
Table tennis	8.9*	1.4*	8.0*	1.2*	16.9	1.3
Tennis	48.1	7.8	38.6	6.0	86.7	6.9
Tenpin bowling	8.1*	1.3*	2.5**	0.4**	10.6*	0.8*
Touch football	6.7*	1.1*	6.7*	1.0*	13.4	1.1
Triathlon	4.3*	0.7*	1.0**	0.2**	5.2*	0.4*
Volleyball	6.9*	1.1*	14.5	2.3	21.4	1.7
Walking (bush)	43.0	6.9	41.8	6.5	84.7	6.7
Walking (other)	193.5	31.2	326.2	50.6	519.6	41.1
Water polo	3.8*	0.6*	1.5**	0.2**	5.3*	0.4*
Waterskiing/powerboating	11.8*	1.9*	7.1*	1.1*	19.0	1.5
Weight training	41.0	6.6	28.5	4.4	69.6	5.5
Yoga	4.1*	0.7*	32.7	5.1	36.8	2.9

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

\* Estimate has a relative standard error of between 25% and 50% and should be used with caution

\*\* Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

**Table 81: South Australian participants — total participation in specific activities by type of activity, 2008 (a)**

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	108.0	208.1	301.0	8.5	16.5	23.8
Aquarobics	11.6*	6.7*	17.4	0.9*	0.5*	1.4
Athletics/track and field	4.4*	0.8**	4.4*	0.4*	0.1**	0.4*
Australian rules football	46.4	18.8	63.8	3.7	1.5	5.1
Badminton	11.5*	6.4*	16.8	0.9*	0.5*	1.3
Baseball	5.3*	2.0**	6.4*	0.4*	0.2**	0.5*
Basketball	42.9	23.9	59.9	3.4	1.9	4.7
Billiards/snooker/pool	0.9**	2.2**	3.2**	0.1**	0.2**	0.2**
Boxing	5.1*	5.0*	10.0*	0.4*	0.4*	0.8*
Canoeing/kayaking	6.9*	8.6*	15.5	0.5*	0.7*	1.2
Carpet bowls	3.8*	1.1**	4.5*	0.3*	0.1**	0.4*
Cricket (indoor)	4.8*	1.4**	6.2*	0.4*	0.1**	0.5*
Cricket (outdoor)	29.6	16.9	44.6	2.3	1.3	3.5
Cycling	15.0	142.1	148.5	1.2	11.2	11.7
Dancing	18.5	6.1*	23.1	1.5	0.5*	1.8
Darts	6.3*	3.3**	6.3*	0.5*	0.3**	0.5*
Fishing	1.7**	25.5	26.1	0.1**	2.0	2.1
Football (indoor)	9.8*	17.3	27.1	0.8*	1.4	2.1
Football (outdoor)	32.1	20.9	48.6	2.5	1.7	3.8
Golf	34.7	30.2	56.8	2.7	2.4	4.5
Gymnastics	4.1*	0.6**	4.6*	0.3*	0.0**	0.4*
Hockey (indoor)	4.5*	1.1**	5.6*	0.4*	0.1**	0.4*
Hockey (outdoor)	13.0	2.1**	14.2	1.0	0.2**	1.1
Horse riding/equestrian activities/polocrosse	3.8*	4.9*	7.7*	0.3*	0.4*	0.6*
Ice/snow sports	2.3**	5.4*	7.1*	0.2**	0.4*	0.6*
Lawn bowls	28.9	3.2**	30.8	2.3	0.3**	2.4
Martial arts	21.7	5.4*	25.9	1.7	0.4*	2.0
Motor sports	6.5*	8.1*	13.2	0.5*	0.6*	1.0
Netball	62.4	24.7	82.4	4.9	2.0	6.5
Orienteering	1.8**	2.9**	4.7*	0.1**	0.2**	0.4*
Rock climbing	1.1**	4.3*	4.3*	0.1**	0.3*	0.3*
Roller sports	0.8**	2.0**	2.8**	0.1**	0.2**	0.2**
Rowing	1.1**	0.0**	1.1**	0.1**	0.0**	0.1**
Rugby league	4.5*	0.0**	4.5*	0.4*	0.0**	0.4*
Rugby union	3.8*	1.1**	4.9*	0.3*	0.1**	0.4*
Running	25.0	104.7	113.9	2.0	8.3	9.0
Sailing	2.2**	0.5**	2.8**	0.2**	0.0**	0.2**
Scuba diving	2.4**	5.0*	6.1*	0.2**	0.4*	0.5*
Shooting sports	2.9**	4.5*	7.4*	0.2**	0.4*	0.6*
Softball	2.9**	1.2**	4.1*	0.2**	0.1**	0.3*
Squash/racquetball	2.3**	8.0*	9.8*	0.2**	0.6*	0.8*
Surf sports	1.9**	16.6	17.8	0.2**	1.3	1.4
Swimming	19.4	116.3	129.7	1.5	9.2	10.3
Table tennis	10.9*	6.5*	16.9	0.9*	0.5*	1.3
Tennis	40.4	54.4	86.7	3.2	4.3	6.9
Tenpin bowling	6.2*	5.7*	10.6*	0.5*	0.4*	0.8*
Touch football	11.1*	2.3**	13.4	0.9*	0.2**	1.1
Triathlon	5.2*	0.0**	5.2*	0.4*	0.0**	0.4*
Volleyball	16.1	10.6*	21.4	1.3	0.8*	1.7
Walking (bush)	8.5*	79.0	84.7	0.7*	6.2	6.7
Walking (other)	23.4	508.9	519.6	1.8	40.3	41.1
Water polo	5.3*	0.0**	5.3*	0.4*	0.0**	0.4*
Waterskiing/powerboating	0.0**	19.0	19.0	0.0**	1.5	1.5
Weight training	24.3	50.8	69.6	1.9	4.0	5.5
Yoga	18.4	19.2	36.8	1.5	1.5	2.9

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

(b) For any group, the total participation rate is the number of persons who participated in the activity at least once in the last 12 months expressed as a percentage of the population in the same group

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