



Australian Government  
 Australian Sports Commission  
 Department of Health and Ageing

# Participation in Exercise, Recreation and Sport



## Annual Report 2008

### State and Territory Tables for Victoria



Government of South Australia  
 Office for Recreation and Sport



Department of  
 Sport and Recreation

### 9.3.7 Victoria

**Table 93: Victorian 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	93.9	92.6	150.8	244.8	243.4	337.4
	25 to 34	45.3	145.9	126.8	172.1	272.7	318.0
	35 to 44	44.5	172.7	113.8	158.2	286.5	331.0
	45 to 54	32.0	157.8	97.4	129.4	255.2	287.2
	55 to 64	24.4	128.7	75.6	100.0	204.3	228.7
	65 and over	45.1	115.5	56.6	101.7	172.2	217.2
	<b>TOTAL</b>		<b>285.2</b>	<b>813.3</b>	<b>621.0</b>	<b>906.2</b>	<b>1,434.3</b>
Females	15 to 24	75.1	103.8	134.0	209.2	237.8	313.0
	25 to 34	34.7	163.4	112.6	147.3	276.0	310.6
	35 to 44	24.0	189.9	114.1	138.1	303.9	328.0
	45 to 54	22.9	178.3	101.3	124.2	279.6	302.4
	55 to 64	20.8	146.7	69.8	90.6	216.5	237.3
	65 and over	48.2	123.9	88.7	136.9	212.6	260.8
	<b>TOTAL</b>		<b>225.8</b>	<b>905.9</b>	<b>620.5</b>	<b>846.2</b>	<b>1,526.3</b>
Persons	15 to 24	169.1	196.4	284.9	453.9	481.3	650.3
	25 to 34	80.0	309.3	239.4	319.3	548.6	628.6
	35 to 44	68.5	362.6	227.8	296.3	590.4	658.9
	45 to 54	54.9	336.1	198.7	253.6	534.8	589.6
	55 to 64	45.2	275.4	145.4	190.6	420.8	466.0
	65 and over	93.3	239.4	145.3	238.6	384.7	478.1
	<b>TOTAL</b>		<b>510.9</b>	<b>1,719.1</b>	<b>1,241.5</b>	<b>1,752.4</b>	<b>2,960.6</b>
Total participation rate (%) (b)							
Males	15 to 24	25.6	25.3	41.1	66.7	66.4	92.0
	25 to 34	12.4	39.8	34.6	47.0	74.4	86.8
	35 to 44	11.8	45.8	30.1	41.9	75.9	87.7
	45 to 54	9.1	45.1	27.8	37.0	72.9	82.0
	55 to 64	8.7	45.7	26.9	35.5	72.6	81.2
	65 and over	14.9	38.2	18.7	33.7	57.0	71.9
	<b>TOTAL</b>	<b>13.9</b>	<b>39.8</b>	<b>30.4</b>	<b>44.3</b>	<b>70.2</b>	<b>84.1</b>
Females	15 to 24	21.4	29.5	38.1	59.5	67.6	89.0
	25 to 34	9.4	44.4	30.6	40.1	75.1	84.5
	35 to 44	6.1	48.5	29.2	35.3	77.7	83.9
	45 to 54	6.3	49.3	28.0	34.3	77.3	83.6
	55 to 64	7.1	50.3	23.9	31.1	74.2	81.3
	65 and over	13.6	35.0	25.1	38.7	60.0	73.7
	<b>TOTAL</b>	<b>10.7</b>	<b>42.8</b>	<b>29.3</b>	<b>40.0</b>	<b>72.1</b>	<b>82.7</b>
Persons	15 to 24	23.5	27.3	39.6	63.2	67.0	90.5
	25 to 34	10.9	42.1	32.6	43.5	74.7	85.6
	35 to 44	8.9	47.2	29.6	38.6	76.8	85.7
	45 to 54	7.7	47.2	27.9	35.6	75.1	82.9
	55 to 64	7.9	48.0	25.4	33.3	73.4	81.3
	65 and over	14.2	36.5	22.1	36.4	58.6	72.8
	<b>TOTAL</b>	<b>12.3</b>	<b>41.3</b>	<b>29.8</b>	<b>42.1</b>	<b>71.1</b>	<b>83.4</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) 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 94: Victorian participants — total participation in any physical activity (organised and non-organised) by demographics, 2008 (a)**

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	337.4	92.0	313.0	89.0	650.3	90.5
25 to 34	318.0	86.8	310.6	84.5	628.6	85.6
35 to 44	331.0	87.7	328.0	83.9	658.9	85.7
45 to 54	287.2	82.0	302.4	83.6	589.6	82.9
55 to 64	228.7	81.2	237.3	81.3	466.0	81.3
65 and over	217.2	71.9	260.8	73.7	478.1	72.8
<b>REGION</b>						
Capital city	1,284.6	85.1	1,292.2	82.7	2,576.8	83.9
Rest of state	434.8	81.2	460.0	82.9	894.8	82.1
<b>EMPLOYMENT STATUS</b>						
Employed full time	1,036.2	85.9	529.4	86.1	1,565.7	86.0
Employed part time	240.1	88.4	582.7	87.1	822.9	87.5
Employed refused	11.5*	94.8*	11.2*	62.7*	22.8	75.7
Total employed	1,287.9	86.5	1,123.4	86.3	2,411.3	86.4
Unemployed	84.1	92.1	76.3	81.7	160.4	86.9
Not in the labour force	347.5	75.0	552.5	76.5	899.9	75.9
<b>MARITAL STATUS</b>						
Married	1,001.9	83.7	953.5	84.0	1,955.4	83.9
Not married	714.0	84.8	789.0	81.3	1,503.0	82.9
Refused/Do not know	3.5**	64.7**	9.6*	76.3*	13.1*	72.8*
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	464.7	84.2	546.6	82.1	1,011.3	83.0
At least one under 18 — none at home	45.0	82.8	5.5*	82.8*	50.5	82.8
No children under 18	1,209.8	84.2	1,199.9	83.0	2,409.7	83.6
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	504.7	90.6	510.7	90.1	1,015.4	90.3
Undergraduate diploma or associate diploma	149.6	87.7	157.6	86.6	307.2	87.1
Certificate, trade qualification or apprenticeship	230.8	81.2	184.3	83.0	415.1	82.0
Highest level of secondary school	365.6	85.0	369.1	81.7	734.7	83.3
Did not complete highest level of school	327.2	74.6	356.8	72.7	684.0	73.6
Never went to school	0.7**	34.7**	0.6**	49.3**	1.3**	39.8**
Still at secondary school	87.9	95.8	113.5	91.0	201.4	93.0
Other	48.3	79.0	52.1	74.5	100.4	76.6
Refused	4.6*	56.8*	7.5*	83.2*	12.1*	70.7*
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	1,449.0	85.5	1,534.4	84.5	2,983.3	85.0
European language/s other than English	95.9	80.3	96.7	75.9	192.6	78.1
Non-European language/s	189.5	76.9	128.0	69.3	317.5	73.7
<b>Total</b>	<b>1,719.4</b>	<b>84.1</b>	<b>1,752.1</b>	<b>82.7</b>	<b>3,471.5</b>	<b>83.4</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

\* 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 95: All Victorian persons — participation in any physical activity by frequency, age and sex, 2008 (a)**

Sex	Age group (years)	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
		Number ('000)						
Males	15 to 24	29.3	43.4	80.5	88.1	125.4	0.0**	366.7
	25 to 34	48.5	58.3	106.3	77.6	75.8	0.0**	366.5
	35 to 44	46.4	67.8	110.8	62.5	89.9	0.0**	377.4
	45 to 54	62.9	54.1	79.0	60.6	93.5	0.0**	350.1
	55 to 64	52.8	40.5	60.8	50.5	76.3	0.6**	281.5
	65 and over	85.0	19.9	56.5	58.4	82.4	0.0**	302.2
	<b>TOTAL</b>	<b>324.9</b>	<b>284.0</b>	<b>493.9</b>	<b>397.6</b>	<b>543.3</b>	<b>0.6**</b>	<b>2,044.3</b>
Females	15 to 24	38.8	46.0	78.1	74.0	113.9	1.0**	351.8
	25 to 34	56.9	42.4	84.5	82.1	100.9	0.8**	367.5
	35 to 44	63.1	40.8	84.1	88.7	114.4	0.0**	391.1
	45 to 54	59.1	26.3	69.1	82.5	123.9	0.7**	361.6
	55 to 64	54.4	26.6	52.0	57.0	101.7	0.0**	291.7
	65 and over	93.2	22.2	72.8	65.0	100.9	0.0**	354.1
	<b>TOTAL</b>	<b>365.7</b>	<b>204.2</b>	<b>440.6</b>	<b>449.3</b>	<b>655.4</b>	<b>2.5**</b>	<b>2,117.8</b>
Persons	15 to 24	68.1	89.4	158.6	162.1	239.2	1.0**	718.5
	25 to 34	105.4	100.7	190.8	159.7	176.7	0.8**	734.0
	35 to 44	109.6	108.6	194.9	151.2	204.3	0.0**	768.5
	45 to 54	122.0	80.4	148.1	143.1	217.3	0.7**	711.6
	55 to 64	107.2	67.1	112.8	107.5	178.0	0.6**	573.2
	65 and over	178.2	42.1	129.3	123.4	183.3	0.0**	656.3
	<b>TOTAL</b>	<b>690.6</b>	<b>488.2</b>	<b>934.5</b>	<b>846.9</b>	<b>1,198.7</b>	<b>3.1**</b>	<b>4,162.1</b>
Percentage of row (%)								
Males	15 to 24	8.0	11.8	22.0	24.0	34.2	0.0**	100.0
	25 to 34	13.2	15.9	29.0	21.2	20.7	0.0**	100.0
	35 to 44	12.3	18.0	29.4	16.6	23.8	0.0**	100.0
	45 to 54	18.0	15.5	22.6	17.3	26.7	0.0**	100.0
	55 to 64	18.8	14.4	21.6	17.9	27.1	0.2**	100.0
	65 and over	28.1	6.6	18.7	19.3	27.3	0.0**	100.0
	<b>TOTAL</b>	<b>15.9</b>	<b>13.9</b>	<b>24.2</b>	<b>19.5</b>	<b>26.6</b>	<b>0.0**</b>	<b>100.0</b>
Females	15 to 24	11.0	13.1	22.2	21.0	32.4	0.3**	100.0
	25 to 34	15.5	11.5	23.0	22.3	27.4	0.2**	100.0
	35 to 44	16.1	10.4	21.5	22.7	29.2	0.0**	100.0
	45 to 54	16.4	7.3	19.1	22.8	34.3	0.2**	100.0
	55 to 64	18.7	9.1	17.8	19.6	34.8	0.0**	100.0
	65 and over	26.3	6.3	20.5	18.4	28.5	0.0**	100.0
	<b>TOTAL</b>	<b>17.3</b>	<b>9.6</b>	<b>20.8</b>	<b>21.2</b>	<b>30.9</b>	<b>0.1**</b>	<b>100.0</b>
Persons	15 to 24	9.5	12.4	22.1	22.6	33.3	0.1**	100.0
	25 to 34	14.4	13.7	26.0	21.8	24.1	0.1**	100.0
	35 to 44	14.3	14.1	25.4	19.7	26.6	0.0**	100.0
	45 to 54	17.1	11.3	20.8	20.1	30.5	0.1**	100.0
	55 to 64	18.7	11.7	19.7	18.8	31.0	0.1**	100.0
	65 and over	27.2	6.4	19.7	18.8	27.9	0.0**	100.0
	<b>TOTAL</b>	<b>16.6</b>	<b>11.7</b>	<b>22.5</b>	<b>20.3</b>	<b>28.8</b>	<b>0.1**</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 greater than 50% and is considered too unreliable for general use

**Table 96: Victorian 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	43.4	294.0	253.9	213.5	337.4
	25 to 34	58.3	259.6	207.4	153.4	318.0
	35 to 44	67.8	263.2	210.6	152.4	331.0
	45 to 54	54.1	233.0	189.4	154.0	287.2
	55 to 64	40.5	187.6	163.0	126.8	228.7
	65 and over	19.9	197.3	177.7	140.8	217.2
	<b>TOTAL</b>	<b>284.0</b>	<b>1,434.8</b>	<b>1,202.0</b>	<b>940.9</b>	<b>1,719.4</b>
Females	15 to 24	46.0	266.0	223.6	187.9	313.0
	25 to 34	42.4	267.4	233.8	182.9	310.6
	35 to 44	40.8	287.2	249.2	203.0	328.0
	45 to 54	26.3	275.4	245.9	206.4	302.4
	55 to 64	26.6	210.7	186.6	158.7	237.3
	65 and over	22.2	238.6	202.1	165.8	260.8
	<b>TOTAL</b>	<b>204.2</b>	<b>1,545.3</b>	<b>1,341.2</b>	<b>1,104.7</b>	<b>1,752.1</b>
Persons	15 to 24	89.4	560.0	477.6	401.3	650.3
	25 to 34	100.7	527.1	441.3	336.3	628.6
	35 to 44	108.6	550.4	459.8	355.4	658.9
	45 to 54	80.4	508.5	435.3	360.4	589.6
	55 to 64	67.1	398.3	349.6	285.5	466.0
	65 and over	42.1	435.9	379.8	306.7	478.1
	<b>TOTAL</b>	<b>488.2</b>	<b>2,980.2</b>	<b>2,543.2</b>	<b>2,045.6</b>	<b>3,471.5</b>
Total participation rate (%) (b)						
Males	15 to 24	11.8	80.2	69.2	58.2	92.0
	25 to 34	15.9	70.9	56.6	41.9	86.8
	35 to 44	18.0	69.7	55.8	40.4	87.7
	45 to 54	15.5	66.6	54.1	44.0	82.0
	55 to 64	14.4	66.6	57.9	45.0	81.2
	65 and over	6.6	65.3	58.8	46.6	71.9
	<b>TOTAL</b>	<b>13.9</b>	<b>70.2</b>	<b>58.8</b>	<b>46.0</b>	<b>84.1</b>
Females	15 to 24	13.1	75.6	63.6	53.4	89.0
	25 to 34	11.5	72.8	63.6	49.8	84.5
	35 to 44	10.4	73.4	63.7	51.9	83.9
	45 to 54	7.3	76.2	68.0	57.1	83.6
	55 to 64	9.1	72.2	64.0	54.4	81.3
	65 and over	6.3	67.4	57.1	46.8	73.7
	<b>TOTAL</b>	<b>9.6</b>	<b>73.0</b>	<b>63.3</b>	<b>52.2</b>	<b>82.7</b>
Persons	15 to 24	12.4	77.9	66.5	55.9	90.5
	25 to 34	13.7	71.8	60.1	45.8	85.6
	35 to 44	14.1	71.6	59.8	46.2	85.7
	45 to 54	11.3	71.5	61.2	50.6	82.9
	55 to 64	11.7	69.5	61.0	49.8	81.3
	65 and over	6.4	66.4	57.9	46.7	72.8
	<b>TOTAL</b>	<b>11.7</b>	<b>71.6</b>	<b>61.1</b>	<b>49.1</b>	<b>83.4</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

**Table 97: Victorian 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	182.4	109.7	106.4	132.9	136.5	114.7	782.5
	Two or three sessions weekly	31.6	15.2	24.6	17.3	16.8	34.2	139.8
	Less than two sessions weekly	4.6*	8.0*	5.9*	2.9**	3.7**	6.5*	31.6
	<i>Total</i>	218.6	132.8	137.0	153.1	157.0	155.5	953.9
Two hours or more but less than five hours	More than three sessions weekly	92.4	91.4	128.3	109.3	82.1	96.5	600.0
	Two or three sessions weekly	85.6	75.3	76.1	61.1	32.3	33.3	363.7
	Less than two sessions weekly	29.5	20.5	27.9	20.6	21.8	23.5	143.9
	<i>Total</i>	207.5	187.2	232.3	191.0	136.2	153.4	1,107.6
Less than two hours	More than three sessions weekly	9.1*	10.0*	17.5	17.8	12.0*	20.5	86.8
	Two or three sessions weekly	21.8	61.1	67.4	48.4	41.6	41.1	281.4
	Less than two sessions weekly	103.2	128.1	106.1	96.8	66.0	59.4	559.5
	<i>Total</i>	134.1	199.1	191.0	163.0	119.6	120.9	927.7
Total	More than three sessions weekly	283.9	211.0	252.2	259.9	230.6	231.7	1,469.3
	Two or three sessions weekly	139.0	151.6	168.2	126.9	90.7	108.6	784.9
	Less than two sessions weekly	137.3	156.5	139.9	120.3	91.5	89.4	735.0
	<b>Total</b>	<b>560.1</b>	<b>519.2</b>	<b>560.3</b>	<b>507.1</b>	<b>412.8</b>	<b>429.8</b>	<b>2,989.2</b>
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	6.1	3.7	3.6	4.4	4.6	3.8	26.2
	Two or three sessions weekly	1.1	0.5	0.8	0.6**	0.6**	1.1	4.7
	Less than two sessions weekly	0.2*	0.3*	0.2*	0.1	0.1	0.2*	1.1
	<i>Total</i>	7.3	4.4	4.6	5.1	5.3	5.2	31.9
Two hours or more but less than five hours	More than three sessions weekly	3.1	3.1	4.3	3.7	2.7	3.2	20.1
	Two or three sessions weekly	2.9	2.5	2.5	2.0	1.1	1.1	12.2
	Less than two sessions weekly	1.0	0.7	0.9	0.7	0.7	0.8	4.8
	<i>Total</i>	6.9	6.3	7.8	6.4	4.6	5.1	37.1
Less than two hours	More than three sessions weekly	0.3*	0.3*	0.6	0.6	0.4*	0.7	2.9
	Two or three sessions weekly	0.7	2.0	2.3	1.6	1.4	1.4	9.4
	Less than two sessions weekly	3.5	4.3	3.6	3.2	2.2	2.0	18.7
	<i>Total</i>	4.5	6.7	6.4	5.5	4.0	4.0	31.0
Total	More than three sessions weekly	9.5	7.1	8.4	8.7	7.7	7.8	49.2
	Two or three sessions weekly	4.6	5.1	5.6	4.2	3.0	3.6	26.3
	Less than two sessions weekly	4.6	5.2	4.7	4.0	3.1	3.0	24.6
	<b>Total</b>	<b>18.7</b>	<b>17.4</b>	<b>18.7</b>	<b>17.0</b>	<b>13.8</b>	<b>14.4</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 98: Victorian regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2008 (a)**

	MALES		FEMALES		PERSONS	
	Number (‘000)	Regular participation rate (b) (%)	Number (‘000)	Regular participation rate (%)	Number (‘000)	Regular participation rate (%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	213.5	58.2	187.9	53.4	401.3	55.9
25 to 34	153.4	41.9	182.9	49.8	336.3	45.8
35 to 44	152.4	40.4	203.0	51.9	355.4	46.2
45 to 54	154.0	44.0	206.4	57.1	360.4	50.6
55 to 64	126.8	45.0	158.7	54.4	285.5	49.8
65 and over	140.8	46.6	165.8	46.8	306.7	46.7
<b>REGION</b>						
Capital city	714.9	47.4	811.3	51.9	1,526.2	49.7
Rest of state	226.0	42.2	293.4	52.9	519.4	47.6
<b>EMPLOYMENT STATUS</b>						
Employed full time	514.5	42.7	336.0	54.6	850.5	46.7
Employed part time	152.2	56.0	383.9	57.4	536.1	57.0
Employed refused	5.9*	48.7*	8.0*	44.9*	14.0*	46.5*
Total employed	672.6	45.2	727.9	55.9	1,400.5	50.2
Unemployed	44.6	48.9	40.8	43.7	85.4	46.3
Not in the labour force	223.7	48.3	336.0	46.5	559.7	47.2
<b>MARITAL STATUS</b>						
Married	517.4	43.2	602.1	53.0	1,119.5	48.0
Not married	421.1	50.0	496.0	51.1	917.1	50.6
Refused/Do not know	2.4**	43.3**	6.7*	52.9*	9.0*	50.0*
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	208.4	37.8	324.8	48.8	533.3	43.8
At least one under 18 — none at home	20.7	38.0	3.1**	46.3**	23.8	38.9
No children under 18	711.8	49.5	776.8	53.8	1,488.6	51.6
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	278.0	49.9	334.2	59.0	612.2	54.5
Undergraduate diploma or associate diploma	84.4	49.5	98.6	54.2	183.0	51.9
Certificate, trade qualification or apprenticeship	120.3	42.3	115.6	52.1	235.8	46.6
Highest level of secondary school	212.7	49.5	241.5	53.5	454.1	51.5
Did not complete highest level of school	160.0	36.5	219.0	44.6	379.1	40.8
Never went to school	0.7**	34.7**	0.6**	49.3**	1.3**	39.8**
Still at secondary school	52.8	57.5	57.4	46.0	110.1	50.9
Other	29.4	48.1	33.3	47.7	62.8	47.9
Refused	2.6**	32.7**	4.5*	50.4*	7.2*	42.0*
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	797.8	47.1	983.5	54.2	1,781.3	50.7
European language/s other than English	59.0	49.4	59.4	46.6	118.4	48.0
Non-European language/s	93.5	37.9	65.6	35.5	159.1	36.9
<b>Total</b>	<b>940.9</b>	<b>46.0</b>	<b>1,104.7</b>	<b>52.2</b>	<b>2,045.6</b>	<b>49.1</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 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 99: Victorian organised participants — participation in organised physical activity by frequency, age and sex, 2008 (a)**

Sex	Age group (years)	None	Up to once	One or two	Three or four	Five or	Do not know	Total
			per week (b)	times per week (c)	times per week (d)	more times per week		
		Number ('000)						
Males	15 to 24	121.9	41.9	91.6	56.5	54.8	0.0**	366.7
	25 to 34	194.4	54.5	69.7	29.4	18.5	0.0**	366.5
	35 to 44	219.2	66.8	62.3	20.5	8.5*	0.0**	377.4
	45 to 54	220.7	52.2	50.5	18.8	7.9*	0.0**	350.1
	55 to 64	181.5	33.8	48.0	12.5*	5.1*	0.6**	281.5
	65 and over	200.5	20.2	56.9	21.4	3.2**	0.0**	302.2
	<b>TOTAL</b>	<b>1,138.2</b>	<b>269.4</b>	<b>379.0</b>	<b>159.3</b>	<b>97.9</b>	<b>0.6**</b>	<b>2,044.3</b>
Females	15 to 24	142.6	48.9	79.8	34.9	45.6	0.0**	351.8
	25 to 34	220.3	48.9	54.4	27.6	14.7*	1.6**	367.5
	35 to 44	253.0	42.6	57.1	23.2	15.1	0.0**	391.1
	45 to 54	237.4	35.6	51.8	22.4	14.3*	0.0**	361.6
	55 to 64	201.1	24.2	37.5	18.3	10.5*	0.0**	291.7
	65 and over	217.1	34.8	66.9	21.8	13.4*	0.0**	354.1
	<b>TOTAL</b>	<b>1,271.5</b>	<b>235.2</b>	<b>347.6</b>	<b>148.4</b>	<b>113.4</b>	<b>1.6**</b>	<b>2,117.8</b>
Persons	15 to 24	264.6	90.8	171.4	91.5	100.3	0.0**	718.5
	25 to 34	414.7	103.4	124.1	57.1	33.1	1.6**	734.0
	35 to 44	472.2	109.5	119.5	43.8	23.6	0.0**	768.5
	45 to 54	458.1	87.8	102.3	41.2	22.2	0.0**	711.6
	55 to 64	382.6	58.0	85.6	30.9	15.5	0.6**	573.2
	65 and over	417.6	55.0	123.9	43.2	16.5	0.0**	656.3
	<b>TOTAL</b>	<b>2,409.7</b>	<b>504.6</b>	<b>726.6</b>	<b>307.6</b>	<b>211.3</b>	<b>2.3**</b>	<b>4,162.1</b>

Percentage of row (%)

Males	15 to 24	33.3	11.4	25.0	15.4	14.9	0.0**	100.0
	25 to 34	53.0	14.9	19.0	8.0	5.0	0.0**	100.0
	35 to 44	58.1	17.7	16.5	5.4	2.3*	0.0**	100.0
	45 to 54	63.0	14.9	14.4	5.4	2.3*	0.0**	100.0
	55 to 64	64.5	12.0	17.1	4.4*	1.8*	0.2**	100.0
	65 and over	66.3	6.7	18.8	7.1	1.0**	0.0**	100.0
	<b>TOTAL</b>	<b>55.7</b>	<b>13.2</b>	<b>18.5</b>	<b>7.8</b>	<b>4.8</b>	<b>0.0**</b>	<b>100.0</b>
Females	15 to 24	40.5	13.9	22.7	9.9	13.0	0.0**	100.0
	25 to 34	59.9	13.3	14.8	7.5	4.0*	0.4**	100.0
	35 to 44	64.7	10.9	14.6	5.9	3.9	0.0**	100.0
	45 to 54	65.7	9.9	14.3	6.2	3.9*	0.0**	100.0
	55 to 64	68.9	8.3	12.9	6.3	3.6*	0.0**	100.0
	65 and over	61.3	9.8	18.9	6.2	3.8*	0.0**	100.0
	<b>TOTAL</b>	<b>60.0</b>	<b>11.1</b>	<b>16.4</b>	<b>7.0</b>	<b>5.4</b>	<b>0.1**</b>	<b>100.0</b>
Persons	15 to 24	36.8	12.6	23.8	12.7	14.0	0.0**	100.0
	25 to 34	56.5	14.1	16.9	7.8	4.5	0.2**	100.0
	35 to 44	61.4	14.2	15.5	5.7	3.1	0.0**	100.0
	45 to 54	64.4	12.3	14.4	5.8	3.1	0.0**	100.0
	55 to 64	66.7	10.1	14.9	5.4	2.7	0.1**	100.0
	65 and over	63.6	8.4	18.9	6.6	2.5	0.0**	100.0
	<b>TOTAL</b>	<b>57.9</b>	<b>12.1</b>	<b>17.5</b>	<b>7.4</b>	<b>5.1</b>	<b>0.1**</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 100: Victorian organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2008 (a)**

		Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
Sex	Age group (years)	Number ('000)				
Males	15 to 24	41.9	202.8	151.2	111.3	244.8
	25 to 34	54.5	117.6	79.7	47.9	172.1
	35 to 44	66.8	91.4	54.3	29.1	158.2
	45 to 54	52.2	77.3	49.4	26.7	129.4
	55 to 64	33.8	65.6	35.7	17.6	100.0
	65 and over	20.2	81.5	55.8	24.6	101.7
	<b>TOTAL</b>		<b>269.4</b>	<b>636.2</b>	<b>426.0</b>	<b>257.2</b>
Females	15 to 24	48.9	160.3	113.0	80.5	209.2
	25 to 34	48.9	96.7	65.3	42.3	147.3
	35 to 44	42.6	95.5	60.5	38.3	138.1
	45 to 54	35.6	88.5	60.8	36.7	124.2
	55 to 64	24.2	66.4	46.4	28.8	90.6
	65 and over	34.8	102.1	60.9	35.2	136.9
	<b>TOTAL</b>		<b>235.2</b>	<b>609.4</b>	<b>406.8</b>	<b>261.8</b>
Persons	15 to 24	90.8	363.1	264.2	191.8	453.9
	25 to 34	103.4	214.3	145.0	90.2	319.3
	35 to 44	109.5	186.9	114.8	67.4	296.3
	45 to 54	87.8	165.8	110.2	63.4	253.6
	55 to 64	58.0	132.0	82.1	46.4	190.6
	65 and over	55.0	183.6	116.6	59.8	238.6
	<b>TOTAL</b>		<b>504.6</b>	<b>1,245.6</b>	<b>832.8</b>	<b>519.0</b>
Total participation rate (%) (b)						
Males	15 to 24	11.4	55.3	41.2	30.4	66.7
	25 to 34	14.9	32.1	21.7	13.1	47.0
	35 to 44	17.7	24.2	14.4	7.7	41.9
	45 to 54	14.9	22.1	14.1	7.6	37.0
	55 to 64	12.0	23.3	12.7	6.2	35.5
	65 and over	6.7	27.0	18.5	8.1	33.7
	<b>TOTAL</b>		<b>13.2</b>	<b>31.1</b>	<b>20.8</b>	<b>12.6</b>
Females	15 to 24	13.9	45.6	32.1	22.9	59.5
	25 to 34	13.3	26.3	17.8	11.5	40.1
	35 to 44	10.9	24.4	15.5	9.8	35.3
	45 to 54	9.9	24.5	16.8	10.1	34.3
	55 to 64	8.3	22.7	15.9	9.9	31.1
	65 and over	9.8	28.8	17.2	9.9	38.7
	<b>TOTAL</b>		<b>11.1</b>	<b>28.8</b>	<b>19.2</b>	<b>12.4</b>
Persons	15 to 24	12.6	50.5	36.8	26.7	63.2
	25 to 34	14.1	29.2	19.7	12.3	43.5
	35 to 44	14.2	24.3	14.9	8.8	38.6
	45 to 54	12.3	23.3	15.5	8.9	35.6
	55 to 64	10.1	23.0	14.3	8.1	33.3
	65 and over	8.4	28.0	17.8	9.1	36.4
	<b>TOTAL</b>		<b>12.1</b>	<b>29.9</b>	<b>20.0</b>	<b>12.5</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

**Table 101: Victorian 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	89.3	176.7	7.2*	74.6	25.9	244.8
	25 to 34	67.0	124.6	9.3*	0.0**	25.4	172.1
	35 to 44	46.8	119.3	6.7*	2.5**	21.0	158.2
	45 to 54	34.8	98.7	4.5*	0.0**	23.0	129.4
	55 to 64	16.7	74.7	1.4**	0.6**	23.5	100.0
	65 and over	15.2	81.7	0.0**	0.0**	16.8	101.7
	<b>TOTAL</b>		<b>269.7</b>	<b>675.7</b>	<b>29.1</b>	<b>77.7</b>	<b>135.7</b>
Females	15 to 24	91.2	120.8	4.7*	70.2	27.8	209.2
	25 to 34	88.5	59.1	6.5*	3.7**	30.1	147.3
	35 to 44	81.0	62.0	1.9**	3.1**	33.5	138.1
	45 to 54	67.8	58.4	2.3**	2.8**	24.4	124.2
	55 to 64	41.7	42.5	1.6**	0.0**	24.9	90.6
	65 and over	42.6	55.3	0.6**	0.0**	63.5	136.9
	<b>TOTAL</b>		<b>412.8</b>	<b>398.1</b>	<b>17.5</b>	<b>79.8</b>	<b>204.2</b>
Persons	15 to 24	180.5	297.6	11.9*	144.8	53.6	453.9
	25 to 34	155.5	183.7	15.9	3.7**	55.5	319.3
	35 to 44	127.8	181.2	8.6*	5.5*	54.5	296.3
	45 to 54	102.6	157.1	6.8*	2.8**	47.5	253.6
	55 to 64	58.4	117.3	2.9**	0.6**	48.4	190.6
	65 and over	57.8	136.9	0.6**	0.0**	80.4	238.6
	<b>TOTAL</b>		<b>682.5</b>	<b>1,073.8</b>	<b>46.6</b>	<b>157.5</b>	<b>339.9</b>

Total participation rate (%) (b)

Males	15 to 24	24.3	48.2	2.0*	20.3	7.1	66.7
	25 to 34	18.3	34.0	2.5*	0.0**	6.9	47.0
	35 to 44	12.4	31.6	1.8*	0.7**	5.6	41.9
	45 to 54	9.9	28.2	1.3*	0.0**	6.6	37.0
	55 to 64	5.9	26.5	0.5**	0.2**	8.4	35.5
	65 and over	5.0	27.0	0.0**	0.0**	5.6	33.7
	<b>TOTAL</b>		<b>13.2</b>	<b>33.1</b>	<b>1.4</b>	<b>3.8</b>	<b>6.6</b>
Females	15 to 24	25.9	34.3	1.3*	19.9	7.9	59.5
	25 to 34	24.1	16.1	1.8*	1.0**	8.2	40.1
	35 to 44	20.7	15.9	0.5**	0.8**	8.6	35.3
	45 to 54	18.7	16.2	0.6**	0.8**	6.8	34.3
	55 to 64	14.3	14.6	0.5**	0.0**	8.5	31.1
	65 and over	12.0	15.6	0.2**	0.0**	17.9	38.7
	<b>TOTAL</b>		<b>19.5</b>	<b>18.8</b>	<b>0.8</b>	<b>3.8</b>	<b>9.6</b>
Persons	15 to 24	25.1	41.4	1.7*	20.1	7.5	63.2
	25 to 34	21.2	25.0	2.2	0.5**	7.6	43.5
	35 to 44	16.6	23.6	1.1*	0.7*	7.1	38.6
	45 to 54	14.4	22.1	1.0*	0.4**	6.7	35.6
	55 to 64	10.2	20.5	0.5**	0.1**	8.5	33.3
	65 and over	8.8	20.9	0.1**	0.0**	12.2	36.4
	<b>TOTAL</b>		<b>16.4</b>	<b>25.8</b>	<b>1.1</b>	<b>3.8</b>	<b>8.2</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 102: Victorian 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	372.6	18.2	635.7	30.0	1,008.3	24.2
Aquarobics	3.8*	0.2*	41.5	2.0	45.3	1.1
Athletics/track and field	13.5*	0.7*	10.0*	0.5*	23.5	0.6
Australian rules football	212.7	10.4	22.0	1.0	234.6	5.6
Badminton	20.7	1.0	19.3	0.9	40.0	1.0
Baseball	6.7*	0.3*	2.7**	0.1**	9.5*	0.2*
Basketball	142.8	7.0	72.1	3.4	214.9	5.2
Billiards/snooker/pool	9.0*	0.4*	2.1**	0.1**	11.1*	0.3*
Boxing	18.9	0.9	9.0*	0.4*	27.9	0.7
Canoeing/kayaking	17.3	0.8	10.2*	0.5*	27.5	0.7
Carpet bowls	4.2*	0.2*	5.8*	0.3*	10.0*	0.2*
Cricket (indoor)	29.6	1.4	3.8*	0.2*	33.3	0.8
Cricket (outdoor)	174.9	8.6	18.6	0.9	193.5	4.6
Cycling	372.2	18.2	200.4	9.5	572.6	13.8
Dancing	15.2	0.7	89.0	4.2	104.1	2.5
Darts	4.7*	0.2*	0.0**	0.0**	4.7*	0.1*
Fishing	52.0	2.5	11.5*	0.5*	63.5	1.5
Football (indoor)	81.1	4.0	12.6*	0.6*	93.7	2.3
Football (outdoor)	102.9	5.0	36.5	1.7	139.4	3.4
Golf	247.8	12.1	67.1	3.2	314.9	7.6
Gymnastics	1.3**	0.1**	4.3*	0.2*	5.6*	0.1*
Hockey (indoor)	5.6*	0.3*	4.5*	0.2*	10.1*	0.2*
Hockey (outdoor)	15.6	0.8	10.8*	0.5*	26.4	0.6
Horse riding/equestrian activities/polocrosse	9.9*	0.5*	35.8	1.7	45.7	1.1
Ice/snow sports	41.2	2.0	23.2	1.1	64.5	1.5
Lawn bowls	54.9	2.7	32.0	1.5	86.9	2.1
Martial arts	43.6	2.1	40.4	1.9	83.9	2.0
Motor sports	33.3	1.6	6.2*	0.3*	39.5	0.9
Netball	36.7	1.8	166.4	7.9	203.1	4.9
Orienteering	15.4	0.8	14.5*	0.7*	29.9	0.7
Rock climbing	8.3*	0.4*	3.1**	0.1**	11.4*	0.3*
Roller sports	11.6*	0.6*	7.9*	0.4*	19.5	0.5
Rowing	6.1*	0.3*	7.0*	0.3*	13.1*	0.3*
Rugby league	14.0*	0.7*	0.0**	0.0**	14.0*	0.3*
Rugby union	6.9*	0.3*	1.2**	0.1**	8.1*	0.2*
Running	237.6	11.6	182.4	8.6	420.0	10.1
Sailing	17.8	0.9	9.0*	0.4*	26.8	0.6
Scuba diving	10.1*	0.5*	8.1*	0.4*	18.2	0.4
Shooting sports	17.1	0.8	3.9*	0.2*	21.0	0.5
Softball	1.2**	0.1**	8.7*	0.4*	9.9*	0.2*
Squash/racquetball	40.0	2.0	8.1*	0.4*	48.1	1.2
Surf sports	33.3	1.6	9.4*	0.4*	42.7	1.0
Swimming	256.0	12.5	292.7	13.8	548.7	13.2
Table tennis	29.0	1.4	16.7	0.8	45.7	1.1
Tennis	166.6	8.1	134.0	6.3	300.6	7.2
Tenpin bowling	15.6	0.8	14.9	0.7	30.5	0.7
Touch football	8.4*	0.4*	3.2**	0.2**	11.6*	0.3*
Triathlon	2.9**	0.1**	3.6**	0.2**	6.5*	0.2*
Volleyball	25.1	1.2	27.9	1.3	53.0	1.3
Walking (bush)	115.9	5.7	120.7	5.7	236.5	5.7
Walking (other)	554.7	27.1	1,059.3	50.0	1,614.1	38.8
Water polo	2.0**	0.1**	1.0**	0.0**	2.9**	0.1**
Waterskiing/powerboating	23.9	1.2	12.5*	0.6*	36.3	0.9
Weight training	92.6	4.5	75.4	3.6	168.0	4.0
Yoga	17.1	0.8	111.9	5.3	129.1	3.1

(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 103: Victorian 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	366.6	697.7	1,008.3	8.8	16.8	24.2
Aquarobics	34.4	14.8	45.3	0.8	0.4	1.1
Athletics/track and field	17.7	7.0*	23.5	0.4	0.2*	0.6
Australian rules football	177.3	70.1	234.6	4.3	1.7	5.6
Badminton	23.8	16.9	40.0	0.6	0.4	1.0
Baseball	8.3*	3.1**	9.5*	0.2*	0.1**	0.2*
Basketball	157.3	74.4	214.9	3.8	1.8	5.2
Billiards/snooker/pool	3.7**	7.4*	11.1*	0.1**	0.2*	0.3*
Boxing	17.2	13.4*	27.9	0.4	0.3*	0.7
Canoeing/kayaking	5.4*	23.5	27.5	0.1*	0.6	0.7
Carpet bowls	8.3*	2.6**	10.0*	0.2*	0.1**	0.2*
Cricket (indoor)	24.8	10.7*	33.3	0.6	0.3*	0.8
Cricket (outdoor)	141.5	60.8	193.5	3.4	1.5	4.6
Cycling	65.0	547.8	572.6	1.6	13.2	13.8
Dancing	76.1	37.3	104.1	1.8	0.9	2.5
Darts	2.8**	1.9**	4.7*	0.1**	0.0**	0.1*
Fishing	9.9*	60.5	63.5	0.2*	1.5	1.5
Football (indoor)	55.9	43.3	93.7	1.3	1.0	2.3
Football (outdoor)	82.4	66.8	139.4	2.0	1.6	3.4
Golf	155.2	197.5	314.9	3.7	4.7	7.6
Gymnastics	5.6*	0.0**	5.6*	0.1*	0.0**	0.1*
Hockey (indoor)	5.6*	4.6*	10.1*	0.1*	0.1*	0.2*
Hockey (outdoor)	23.4	4.0*	26.4	0.6	0.1*	0.6
Horse riding/equestrian activities/polocrosse	20.5	34.5	45.7	0.5	0.8	1.1
Ice/snow sports	16.9	55.2	64.5	0.4	1.3	1.5
Lawn bowls	81.1	11.3*	86.9	1.9	0.3*	2.1
Martial arts	67.3	22.2	83.9	1.6	0.5	2.0
Motor sports	15.5	27.0	39.5	0.4	0.6	0.9
Netball	166.6	43.4	203.1	4.0	1.0	4.9
Orienteering	17.2	15.1	29.9	0.4	0.4	0.7
Rock climbing	0.6**	10.8*	11.4*	0.0**	0.3*	0.3*
Roller sports	3.6**	16.7	19.5	0.1**	0.4	0.5
Rowing	7.8*	5.3*	13.1*	0.2*	0.1*	0.3*
Rugby league	7.8*	7.4*	14.0*	0.2*	0.2*	0.3*
Rugby union	4.6*	3.4**	8.1*	0.1*	0.1**	0.2*
Running	64.9	396.8	420.0	1.6	9.5	10.1
Sailing	18.3	11.6*	26.8	0.4	0.3*	0.6
Scuba diving	4.6*	13.5*	18.2	0.1*	0.3*	0.4
Shooting sports	8.5*	15.9	21.0	0.2*	0.4	0.5
Softball	9.9*	0.0**	9.9*	0.2*	0.0**	0.2*
Squash/racquetball	14.3*	35.0	48.1	0.3*	0.8	1.2
Surf sports	1.6**	41.1	42.7	0.0**	1.0	1.0
Swimming	79.0	483.8	548.7	1.9	11.6	13.2
Table tennis	25.3	22.3	45.7	0.6	0.5	1.1
Tennis	140.4	192.2	300.6	3.4	4.6	7.2
Tenpin bowling	18.8	12.8*	30.5	0.5	0.3*	0.7
Touch football	8.7*	3.8*	11.6*	0.2*	0.1*	0.3*
Triathlon	5.3*	1.2**	6.5*	0.1*	0.0**	0.2*
Volleyball	38.2	16.1	53.0	0.9	0.4	1.3
Walking (bush)	37.9	216.1	236.5	0.9	5.2	5.7
Walking (other)	73.0	1,580.7	1,614.1	1.8	38.0	38.8
Water polo	2.9**	0.0**	2.9**	0.1**	0.0**	0.1**
Waterskiing/powerboating	1.8**	36.3	36.3	0.0**	0.9	0.9
Weight training	56.8	118.2	168.0	1.4	2.8	4.0
Yoga	72.4	65.5	129.1	1.7	1.6	3.1

(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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