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Participation in Exercise, Recreation and Sport



Annual Report 2009



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Government of Western Australia
 Department of Sport and Recreation



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 Office for Recreation and Sport



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1 Executive summary

Background

The Exercise, Recreation and Sport Survey (ERASS) collects information on the frequency, duration, nature and type of physical activities that are participated in for exercise, recreation or sport by persons aged 15 years and over. ERASS has been collecting this information since 2001. It was conducted quarterly in 2009 with an annual total of 21,031 respondents across Australia. A summary of key findings is provided below.

Main findings

Participation in any physical activity

'Any physical activity' is physical activity for exercise, recreation or sport. It includes activities that were organised by a club, association or other type of organisation, and activities that were non-organised. It excludes those activities that were part of household or garden duties, or work.

- An estimated 14.1 million persons aged 15 years and over, or 82.0% of the population living in occupied private dwellings, participated at least once annually in physical activity for exercise, recreation or sport. This is the **total participation rate** in any physical activity.
- An estimated 12.0 million persons aged 15 years and over, or 69.5% of the population, participated at least once per week, on average, in physical activity. This is the **weekly participation rate**.
- An estimated 8.2 million persons aged 15 years and over, or 47.7% of the population, participated at least three times per week, on average, in physical activity. This is the **regular participation rate**.
- An estimated 4.8 million persons aged 15 years and over, or 28.0% of the population, participated five times or more per week, on average, in physical activity. This is the **frequent participation rate**.
- The median frequency of participation in any physical activity was 2.5 times per week in 2009. Females (3.0 times per week) tended to participate more frequently than males (2.2 times). This was true in all age groups except the youngest (15–24 years), where the median frequency was higher for males (3.0) than females (2.8).
- An estimated 8.2 million persons, or 47.9% of the population, participated for two hours or more per week in the two weeks prior to interview in 2009. An estimated 3.7 million persons, or 21.5% of the population, participated for five hours or more per week in the two weeks prior to interview.
- The regular participation rate in any physical activity increased ten percentage points between 2001 and 2009 (from 37.2% to 47.7%). In 2009, there was a slight decline in the regular participation rate compared to 2008 (49.3%) but the general trend appears to be a slowly increasing regular participation rate between 2001 and 2009.
- The increase was slightly greater for females (11 percentage points) than males (nine percentage points).
- Except in the youngest age group, females had higher regular participation rates in any physical activity. Regular participation rates in any physical activity were also higher among university-educated persons and those still at secondary school.
- Females speaking a non-European language at home had lower than average regular participation rates.

- While females participated in physical activity more regularly than males, males participated for a longer duration. This was especially true for males aged between 15 and 24 years, who participated in physical activity for 4.0 hours per week, on average. With the exception of this youngest male age group, duration of participation tended to increase with age for females and males.
- The number of different physical activities participated in was strongly related to age for both males and females. Participants aged between 15 and 24 years participated in an average of 2.7 different physical activities in the 12 months prior to interview in 2009. The number of different physical activities participated in decreased steadily with age; participants aged 65 years and over participated in 1.7 different physical activities, on average.
- The top ten physical activities in 2009, in terms of the total participation rate, were walking, aerobics/fitness, swimming, cycling, running, golf, tennis, outdoor football, bushwalking and netball. An estimated 6.2 million persons, or 36.1% of the population, participated at least once in walking for exercise, recreation or sport in 2009.
- In terms of the top ten physical activities, the largest increase in total participation between 2001 and 2009 was for aerobics/fitness, which has been steadily increasing by 101% since 2001. Participation in walking, outdoor football, running and cycling also increased in the nine-year period, although walking, running and cycling showed greater fluctuation over the same period. For example, total participation in walking increased between 2001 and 2004, decreased somewhat between 2004 and 2007, increased in 2008 and then decreased slightly in 2009. Participation in outdoor football increased steadily between 2005 and 2009.
- Activities experiencing declines in participation between 2001 and 2009 included tennis (down 21% compared to 2001, although participation rates in 2009 were higher than in 2007, when participation was at a nine-year low), and golf (down 11% between 2001 and 2009). Total participation in golf declined steadily between 2002 and 2007, but recovered somewhat in 2008 and 2009.

Participation in non-organised physical activity

'Non-organised physical activity' is physical activity for exercise, recreation or sport that was non-organised in full or in part (that is, not fully organised by a club, association or other type of organisation).

- The **total participation rate** in non-organised physical activity was 70.7% in 2009. Most participants engaged in partially or fully non-organised activity (86.2%).
- An estimated 6.7 million persons aged 15 years and over participated at least three times per week in non-organised physical activity, a **regular participation rate** of 38.9%.
- The regular participation rate in non-organised physical activity increased 11 percentage points between 2001 and 2008, and the 2009 rate was similar to the 2008 rate. This increase occurred for both males and females. As outlined below, the regular participation rate in organised physical activity also increased in the same period, but the increase was small. Overall increases in physical activity were mainly due to the increase in non-organised participation.
- Females had higher regular participation rates in non-organised physical activity (42.5%) than males (35.3%). This was true in all age groups except those aged 15 to 24 years.
- Regular participation in non-organised physical activity gradually increased with age for females and males, peaking at 55 to 64 years. Females aged between 55 and 64 years were the most active in non-organised physical activity, with a regular participation rate of 50.6%.
- Regular participation in non-organised physical activity was higher among those with a university education.
- Regular participation rates in non-organised physical activity were lower than average among persons speaking a non-European language at home.

- The top ten non-organised physical activities in 2009, in terms of the total participation rate, were walking, aerobics/fitness, swimming, cycling, running, bushwalking, tennis, golf, surf sports and weight training. Almost all participation in cycling and running was non-organised, and most participation in swimming was non-organised.
- Aerobics/fitness had the largest increase in total participation between 2001 and 2009.

Participation in organised physical activity

‘Organised physical activity’ is physical activity for exercise, recreation or sport that was organised in full or in part by (1) a fitness, leisure or indoor sports centre that required payment for participation; (2) a sport or recreation club or association that required payment of membership, fees or registration; (3) a workplace; (4) a school; or (5) any other type of organisation.

- The **total participation rate** in organised physical activity was 39.8% in 2009. About half of all participation in physical activity was partially or fully organised (48.5%).
- An estimated 2.1 million persons aged 15 years and over participated at least three times per week in organised physical activity, a **regular participation rate** of 12.3%.
- Unlike non-organised participation, the regular participation rate in organised physical activity increased slightly between 2001 and 2009 (3.4 percentage points for males; 2.4 percentage points for females).
- Overall, regular participation rates in organised physical activity were slightly higher for males (12.9%) than females (11.7%) in 2009. However, regular participation in organised physical activity was higher for males aged 15 to 34 years and higher for females aged 35 to 64 years.
- Regular participation in organised physical activity was most common among those aged 15 to 24 years, regardless of gender, while participation in non-organised physical activity increased with age.
- Those still at secondary school had the highest regular participation rate in organised physical activity.
- The top ten organised physical activities in 2009, in terms of the total participation rate, were aerobics/fitness, outdoor football, netball, golf, tennis, basketball, Australian rules football, outdoor cricket, lawn bowls and touch football.
- In terms of the top ten organised physical activities, outdoor football had the largest increase in total participation between 2001 and 2009, increasing by 52% since 2001. Most of this increase occurred in the 2007–08 period.
- Other top ten organised activities experiencing increases in participation since 2001 were Australian rules football (38% increase) and aerobics/fitness (24% increase). For Australian rules football, there was a slight but steady increase in participation between 2001 and 2005. Participation then declined in the 2005–07 period, before increasing again in 2008 and 2009. Most of the increase in participation in organised aerobics/fitness can be attributed to changes in the earlier part of the decade.
- Of all top ten organised activities, tennis (–16%) and golf (–14%) experienced the greatest declines in participation between 2001 and 2009. Tennis participation declined in the 2004–07 period, but began to increase again in 2008.

Participation in club-based physical activity

‘Club-based physical activity’ is any physical activity for exercise, recreation or sport that was organised in full or in part by a sport or recreation club or association that required payment of membership, fees or registration. This was distinct from fitness, leisure or sports centres that required payment for participation.

- The **total participation rate** in club-based physical activity was 24.9% in 2009.
- An estimated 1.1 million persons aged 15 years and over participated at least three times per week in club-based physical activity, a **regular participation rate** of 6.4%.

- In club-based physical activity, and in contrast to non-organised physical activity, the male regular participation rate (8.6%) exceeded the female rate (4.4%).
- Regular participation in club-based physical activity increased slightly for both males and females between 2001 and 2009 (three percentage points for males and one percentage point for females). Among females, however, regular participation in club-based physical activity in 2009 was lower than a peak in the 2003–04 period. The male regular participation rate in club-based physical activity was at its highest level ever in 2009, and has been increasing steadily since 2007.
- Regardless of gender, regular participation in club-based physical activity was most common among those aged 15 to 24 years (15.6%).
- The top ten club-based physical activities in 2009, in terms of the total participation rate, were golf, outdoor football, tennis, netball, Australian rules football, lawn bowls, outdoor cricket, basketball, touch football and martial arts. Of these, Australian rules football, outdoor football, outdoor cricket, basketball, netball and lawn bowls all experienced increases in participation between 2001 and 2009. Much of the increase in participation for both Australian rules football and outdoor football occurred in the 2007–09 period.
- Of all top ten club-based activities, touch football (–16%) and golf (–10%) had the greatest declines in participation between 2001 and 2009. Club-based participation in touch football and golf has fluctuated over the nine-year period.

2 Introduction

The Exercise, Recreation and Sport Survey (ERASS) is a joint initiative of the Australian Sports Commission and the state and territory government agencies responsible for sport and recreation.

The first survey was conducted in 2001. This publication presents results from the ninth annual ERASS data collection, which was conducted in 2009.

ERASS collects information on the frequency, duration, nature and type of physical activity that was participated in by persons living in occupied private dwellings¹ aged 15 years and over, for exercise, recreation or sport during the 12 months prior to interview. Participation means active 'playing' participation and does not include coaching, refereeing and being a spectator, or activities related to work, household chores or gardening duties.

ERASS collects data on the **total participation rate** in physical activity for exercise, recreation or sport over the 12-month period. The total participation rate is based on the number of persons who have undertaken exercise, recreation or sport **at least once** during the previous 12 months. This rate does not reflect the number of persons who are physically active on a regular basis.

ERASS also collects frequency and duration data to provide an indication of the number of persons who are regularly active. The main focus of this report is on persons who are physically active three times per week or more. This is referred to as the **regular participation rate** throughout the report.

The survey is conducted quarterly throughout Australia. In 2009, Newspoll Market and Social Research completed the fieldwork and prepared this report for the Australian Sports Commission in consultation with the state and territory agencies for sport and recreation.

This publication presents information regarding the:

- frequency of participation in organised and non-organised physical activity for exercise, recreation or sport
- duration of participation in physical activity for exercise, recreation or sport
- type of participation in physical activity for exercise, recreation or sport
- trends in participation over time.

Information is available for both organised and non-organised exercise, recreation and sport for all states and territories and for a variety of demographic variables.

3 Errata

Following the initial release of the ERASS Annual Report 2009, an error was found that has a minor impact on the data provided in this report. The report published incorrect club-based participation data for martial arts on pages 4 and 42 of the 2009 report. This error has now been corrected and the revised data is provided in this updated publication.

¹ Excludes special dwellings such as hospitals, hotels, prisons, nursing homes, etc.

4 Glossary

For definitions of physical activities, see 'Physical activity definitions' on page 9.

Any physical activity

Physical activity for exercise, recreation or sport. It includes activities that were organised by a club, association or other type of organisation, and activities that were non-organised. It excludes activities that were part of household or garden duties, or work

Capital cities

The six state capital city statistical divisions, the Darwin Statistical Division and the Australian Capital Territory

Club-based physical activity

Physical activity for exercise, recreation or sport that was organised in full or in part by a sport or recreation club or association that required payment of membership, fees or registration. This is distinct from fitness, leisure or sports centres that required payment for participation. Excludes all aerobics/fitness participants

Employed full time

Persons employed full time are those who usually work 35 hours or more per week (in all jobs)

Employed part time

Persons employed part time are those who usually work less than 35 hours per week (in all jobs)

ERASS

Exercise, Recreation and Sport Survey

European language

A language originating, and primarily spoken, in a country lying within Europe. Includes Afrikaans

Fitness organisation

A fitness, leisure or indoor sports centre that requires payment for participation

Frequency of participation

Number of times participated in physical activity for exercise, recreation or sport in the past 12 months. This number is used to define the number of times 'per week' a person participated (by dividing number of times in past 12 months by 52) and in the calculation of the 'total participation rate', the 'weekly participation rate' and the 'regular participation rate'

Frequent participation rate

For any group, this is the number of persons who participated in the activity at least five times weekly in the past 12 months, expressed as a percentage of the population in the same group. Statistics that identify the number of times persons participated 'per week' are calculated by dividing the number of times individuals participated in physical activity for exercise, recreation or sport during the 12 months prior to interview by 52 (that is, number of weeks in a year). This provides an average of the number of times persons participated 'per week'

Married

Married persons are those who describe their marital status as being married or in a de facto relationship

Mean

Often known as the average, and is the sum of all the data values divided by the number of data values

Median

Represents the centre or midpoint of the data. One-half of the data will have values less than the median, and the other half will have values greater than the median

Non-European language

A language originating, and primarily spoken, in a country lying outside Europe. Includes Turkish and Russian

Non-organised physical activity

Physical activity for exercise, recreation or sport that was non-organised in full or in part (that is, not fully organised by a club, association or other type of organisation)

Non-participation rate

For any group, this is the number of persons who did not participate in any activity at least once in the past 12 months, expressed as a percentage of the population in the same group

Not in the labour force

Persons who did not have a job when interviewed and did **not** look for work in the four weeks prior to interview

Not married

Persons who describe their marital status as being either separated, divorced, widowed or never married

Organised physical activity

Physical activity for exercise, recreation or sport that was organised in full or in part by a fitness, leisure or indoor sports centre that required payment for participation; a sport or recreation club or association that required payment of membership, fees or registration; a workplace; a school; or any other type of organisation

Participants

Persons who participated in at least one physical activity for exercise, recreation or sport at least once in the past 12 months

Per week

Statistics that identify the number of times persons participated 'per week' are calculated by dividing the number of times individuals participated in physical activity for exercise, recreation or sport during the 12 months prior to interview by 52 (that is, number of weeks in a year). This provides an average of the number of times persons participated 'per week'. However, it is possible that individuals who participate 'once per week' may not be regular participants throughout the 12 months prior to interview, as all their participation might be concentrated during one particular time period. For example, an individual who participates in cricket 52 times over three months, but then in no other activity for the other nine months, would appear to participate in physical activity for exercise, recreation or sport once per week

Recent participants

Persons who participated in at least one of their three top physical activities in the past two weeks. 'Top physical activities' are defined as those done most frequently by that person on an annual basis

Recent physical activity

Physical activity for exercise, recreation or sport that was done in the past two weeks

Regular participants

Persons who participated in at least one physical activity for exercise, recreation or sport at least three times per week on average. Statistics that identify the number of times persons participated 'per week' are calculated by dividing the number of times individuals participated in physical activity for exercise, recreation or sport during the 12 months prior to interview by 52 (that is, number of weeks in a year). This provides an average of the number of times persons participated 'per week'

Regular participation rate

For any group, this is the number of persons who participated in the activity at least three times weekly in the past 12 months, expressed as a percentage of the population in the same group. Statistics that identify the number of times persons participated 'per week' are calculated by dividing the number of times individuals participated in physical activity for exercise, recreation or sport during the 12 months prior to interview by 52 (that is, number of weeks in a year). This provides an average of the number of times persons participated 'per week'

Rest of state

The whole of Australia less the six state capital city statistical divisions, the Darwin Statistical Division and the Australian Capital Territory

RSE

Relative standard error (see Section 10.7 'Standard errors and relative standard errors')

SE

Standard error (see Section 10.7 'Standard errors and relative standard errors')

Sport organisation

Sport or recreation club or association that requires payment of membership, fees or registration

Total participation rate

For any group, this is the number of persons who participated in the activity at least once in the past 12 months, expressed as a percentage of the population in the same group

Unemployed

Persons who did not have a job when interviewed but who looked for work in the four weeks prior to interview

Weekly participation rate

For any group, this is the number of persons who participated in the activity at least once weekly in the past 12 months, expressed as a percentage of the population in the same group. Statistics that identify the number of times persons participated 'per week' are calculated by dividing the number of times individuals participated in physical activity for exercise, recreation or sport during the 12 months prior to interview by 52 (that is, number of weeks in a year). This provides an average of the number of times persons participated 'per week'

5 Physical activity definitions

Aerobics/fitness

Includes aerobics, calisthenics, Chinese exercise, exercise bike, gymnasium workouts, military exercise, Prime Movers for Over 50s, Step Reebok and treadmill. Excludes aquarobics and weight training, which are categorised separately

Basketball

Includes indoor and outdoor basketball

Bushwalking

Excludes other types of walking for sport and recreation, which are categorised separately

Canoeing/kayaking

Excludes canoe polo

Cricket (indoor)

Includes indoor cricket only. Outdoor cricket is categorised separately. Excludes electric light cricket

Cricket (outdoor)

Includes outdoor cricket only. Indoor cricket is categorised separately. Excludes electric light cricket

Cycling

Includes cycling, BMX and mountain bike riding. Excludes triathlon, which is categorised separately

Dancing

Includes dancing, ballet, boot scooting and line dancing

Football (indoor)

Includes indoor soccer, fluffy ball and futsal. Excludes outdoor soccer, which is categorised separately

Football (outdoor)

Includes outdoor soccer. Excludes indoor soccer, which is categorised separately

Golf

Excludes putt-putt golf

Gymnastics

Includes gymnastics and trampolining

Hockey (indoor)

Excludes outdoor hockey, which is categorised separately

Hockey (outdoor)

Excludes indoor hockey, which is categorised separately

Horse riding/equestrian activities/polocrosse

Excludes rodeo and horse racing

Ice/snow sports

Includes blade-skating, ice hockey, ice-skating, snowboarding, skeleton, snow skiing and any other snow and ice sports. Excludes wheelchair ice hockey

Martial arts

Includes chi kung, Eastern judo, judo, karate, kick boxing, tae kwon do and Tai Chi

Motor sports

Includes track, trail bike, car, motorbike, speedway, drag and go-kart

Netball

Includes indoor and outdoor netball

Orienteering

Includes orienteering, rogaining and cross-country running

Rock climbing

Includes abseiling and caving

Roller sports

Includes in-line hockey, rollerblading, skateboarding and all other roller sports

Rugby league

Includes rugby sevens and modball

Running

Includes jogging and marathon. Excludes triathlon, which is categorised separately

Sailing

Includes outriggering

Shooting sports

Includes hunting, paintball, pistol shooting and any other shooting sports. Excludes archery and bow hunting

Squash

Includes racquet ball

Surf sports

Includes sail boarding, surfing and wind surfing. Excludes surf lifesaving

Swimming

Includes board diving. Excludes triathlon, which is categorised separately

Tennis

Includes outdoor and indoor tennis

Tenpin bowling

Excludes bocce

Touch football

Includes Austag

Volleyball

Includes indoor (rebound) and outdoor volleyball, beach volleyball and Newcombe ball.

Excludes water volleyball

Walking

Indicated as 'Walking — other' in the tables. Excludes bushwalking, which is categorised separately

Water polo

Excludes canoe polo

Waterskiing/powerboating

Includes jet skiing

Weight training

Includes body building, circuits, power team and weight training for fitness. Excludes weight-lifting (competition)

Yoga

Includes Pilates

Data on some other sports and activities were collected, and although they are included in the general data on participation rates, they have not been specifically identified in this report due to their relatively low participation rates. These include: air sports, archery/bow hunting, bocce, croquet, gridiron, outdoor and indoor lacrosse, rodeo, surf lifesaving, wrestling, canoe polo, electric light cricket, wheelchair ice hockey, dog racing, handball, fencing, gorilla ball, ultimate frisbee, Gaelic football, horse racing, T-ball, boomerang throwing, water volleyball, woodchopping, sheepdog trials, marching, korfbal, underwater hockey, sofcrosse, royal tennis, broom ball, leader ball, pigeon racing, weight-lifting (competition), putt-putt golf and grockey.

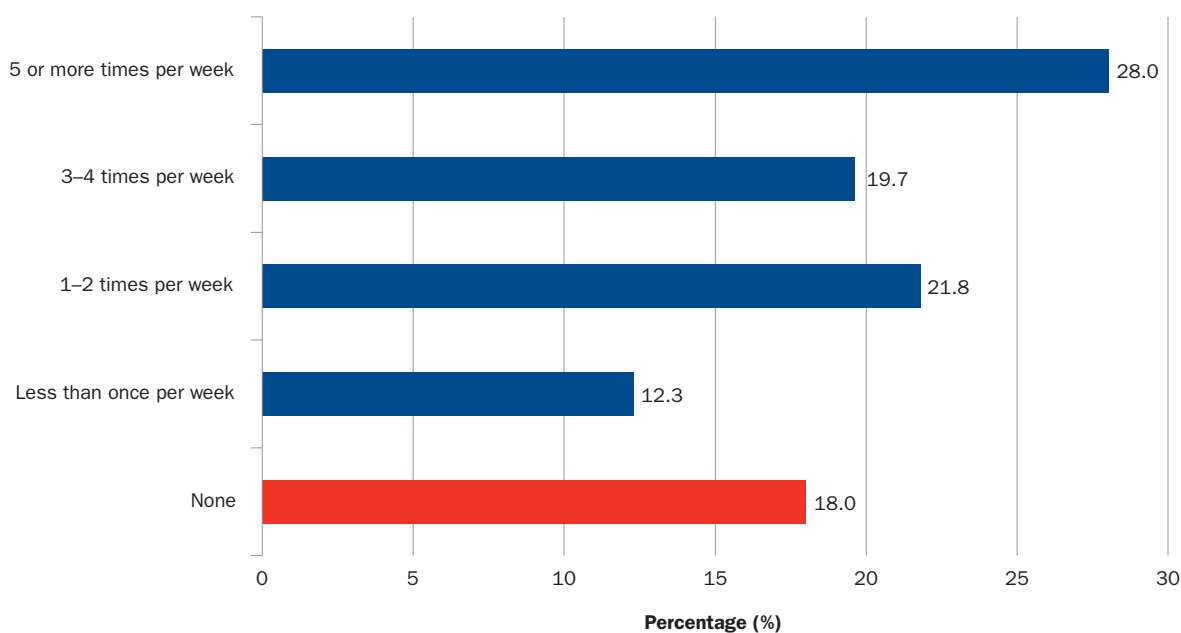
6 Participation in any physical activity

6.1 Frequency of participation in any physical activity

During the 12 months prior to interview in 2009:

- An estimated 14.1 million persons aged 15 years and over participated **at least once annually** in physical activity for exercise, recreation or sport, a **total participation rate** of 82.0% (Table 1).
- An estimated 12.0 million persons aged 15 years and over participated **at least once per week**² in physical activity for exercise, recreation or sport, a **weekly participation rate** of 69.5% (Figure 1 and Table 4).
- An estimated 8.2 million persons aged 15 years and over participated three times a week or more, a **regular participation rate** of 47.7%.
- An estimated 4.8 million persons aged 15 years and over participated five times a week or more, a **frequent participation rate** of 28.0% (Figure 1 and Table 3).
- An estimated 3.1 million persons aged 15 years and over did not participate in any physical activity for exercise, recreation or sport in the 12 months prior to interview in 2009, a **non-participation rate** of 18.0% (Table 3).

Figure 1: Frequency of participation in any physical activity, 2009



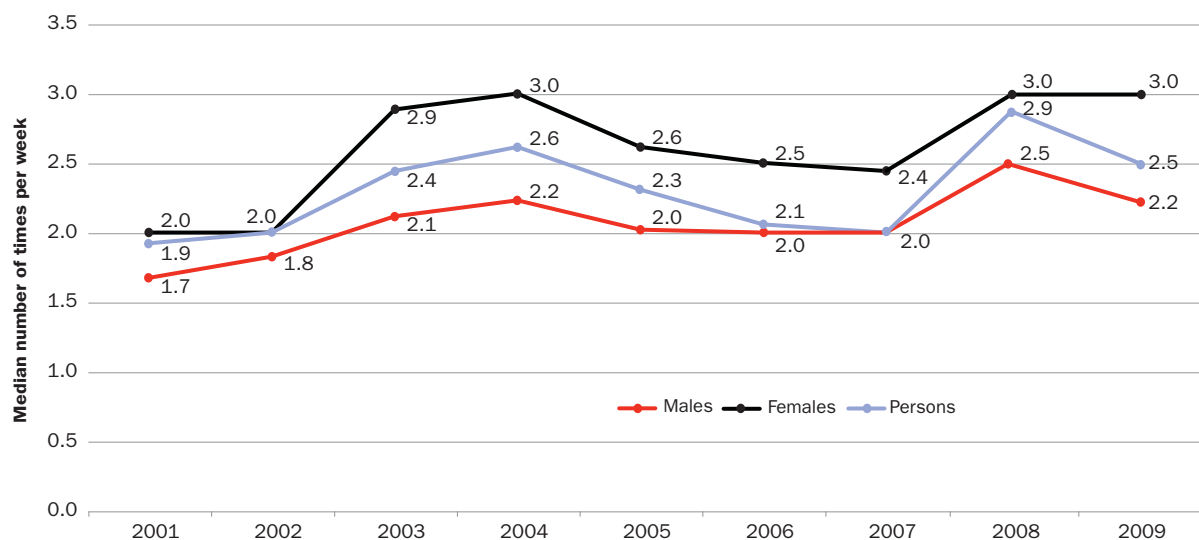
Base: All persons aged 15 years and over (n=21,031)

2 See 'Glossary' for information about how 'per week' statistics are calculated.

6.2 Median frequency of participation in any physical activity, 2001–2009

- The median frequency of participation in any physical activity for all Australians was 2.5 times per week in 2009 (Figure 2). This median calculation includes non-participants (that is, zero frequency).
- Overall, the median frequency of participation in any activity was higher than when first measured in 2001, but lower than the two peaks in 2004 and 2008.
- For all females, the median frequency of participation was 3.0 times per week in 2009, as in 2004 and 2008.
- Male median frequency of participation in 2009 was 2.2 times per week. This is higher than in 2001 (when it was 1.7), but slightly lower than in 2008 (when it was 2.5).
- Females were more frequent participants in all age groups except the youngest (15–24 years), where median frequency was higher for males (3.0) than females (2.8).

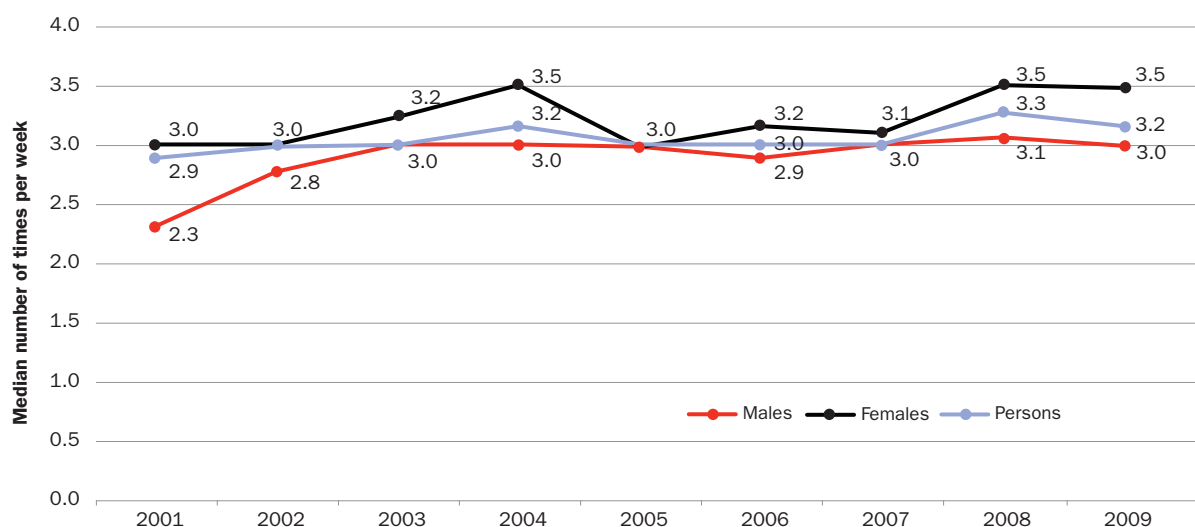
Figure 2: Median frequency of participation per week in any physical activity by sex and year



Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

- Among participants only (excluding zero frequency), the median frequency of participation in any physical activity was 3.2 times per week in 2009 (Figure 3).
- The median frequency of participation was 3.5 times per week for female participants and 3.0 times per week for male participants.

Figure 3: All participants in physical activity — median frequency of participation per week in any physical activity by sex and year



Base: All participants in physical activity in 2009 (n=16,943); in 2008 (n=14,324); in 2007 (n=13,011); in 2006 (n=10,969); in 2005 (n=11,336); in 2004 (n=11,211); in 2003 (n=11,248); in 2002 (n=10,550); and in 2001 (n=10,341)

6.3 Regular participation in any physical activity, 2001–2009

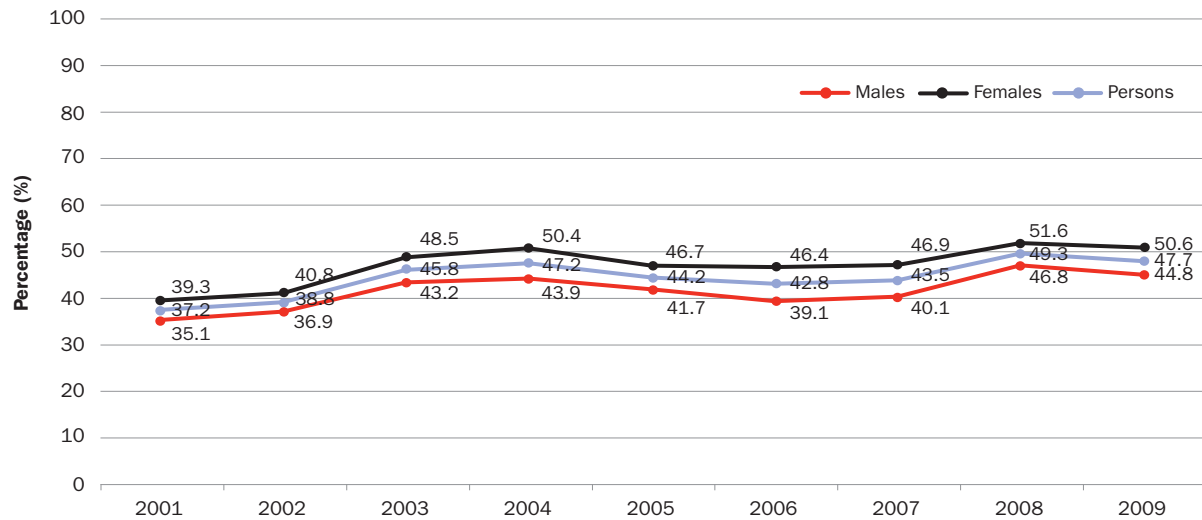
Regular participation in exercise, recreation or sport is defined as participating three times a week or more, on average.³

- The regular participation rate in any physical activity for exercise, recreation or sport in 2009 was 47.7% (Figure 4 and Table 9).
- In 2009, there was a slight decline in the regular participation rate compared to 2008 (when it was 49.3%), but it was still higher than when first measured in 2001 (37.2%). Between 2001 and 2004 the rate increased to 47.2%, but then declined slightly between 2004 and 2006, before increasing again in the 2007–08 period. The overall trend appears to be a slowly increasing regular participation rate.
- The regular participation rate increased between 2001 and 2009 for both males and females. In 2001, the regular participation rate among males was 35.1%; this increased to 43.9% in 2004, declined somewhat before increasing to 46.8% in 2008, and declined slightly again to 44.8% in 2009. The regular participation rate among females followed the same general pattern, being 39.3% in 2001 and 50.6% in 2009.
- The increase in the regular participation rate was mainly explained by an increase in participation in non-organised activity⁴ (see Section 6.3 ‘Regular participation in non-organised physical activity, 2001–2009’). Participation in organised activity has increased more slowly between 2001 and 2009 (see Section 7.3 ‘Regular participation in organised physical activity, 2001–2009’).

³ See ‘Glossary’ for information about how ‘per week’ statistics are calculated.

⁴ See ‘Glossary’ for how ‘organised’ and ‘non-organised’ activities are defined.

Figure 4: Regular participation rate in any physical activity by sex and year



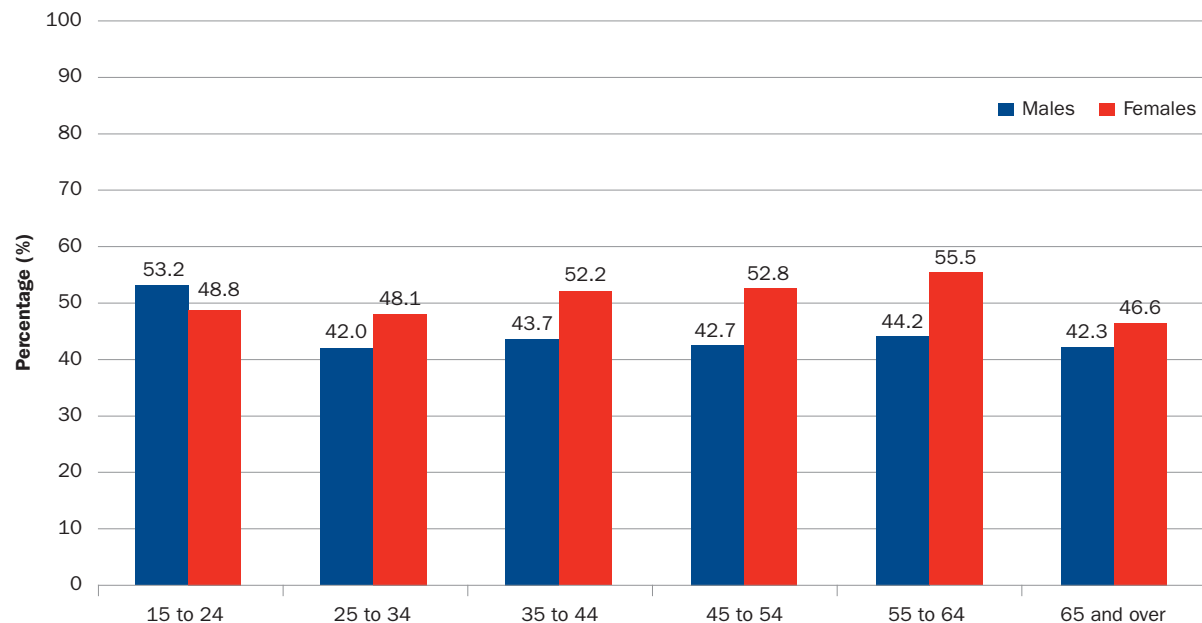
Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

6.4 Regular participation in any physical activity by demographics

Age and sex

- In 2009, regular participation rates (three times a week or more) in any physical activity for exercise, recreation or sport were higher for females than males (50.6% and 44.8%, respectively) (Table 9).
- Females were more regularly active as they got older, peaking at 55 to 64 years old (55.5%), and then declining again for those aged 65 years or older (46.6%) (Figure 5 and Table 9).
- Males between the ages of 15 to 24 were more regularly active (53.2%).

Figure 5: Regular participation rate in any physical activity by age and sex, 2009



Base: All persons aged 15 years and over (n=21,031)

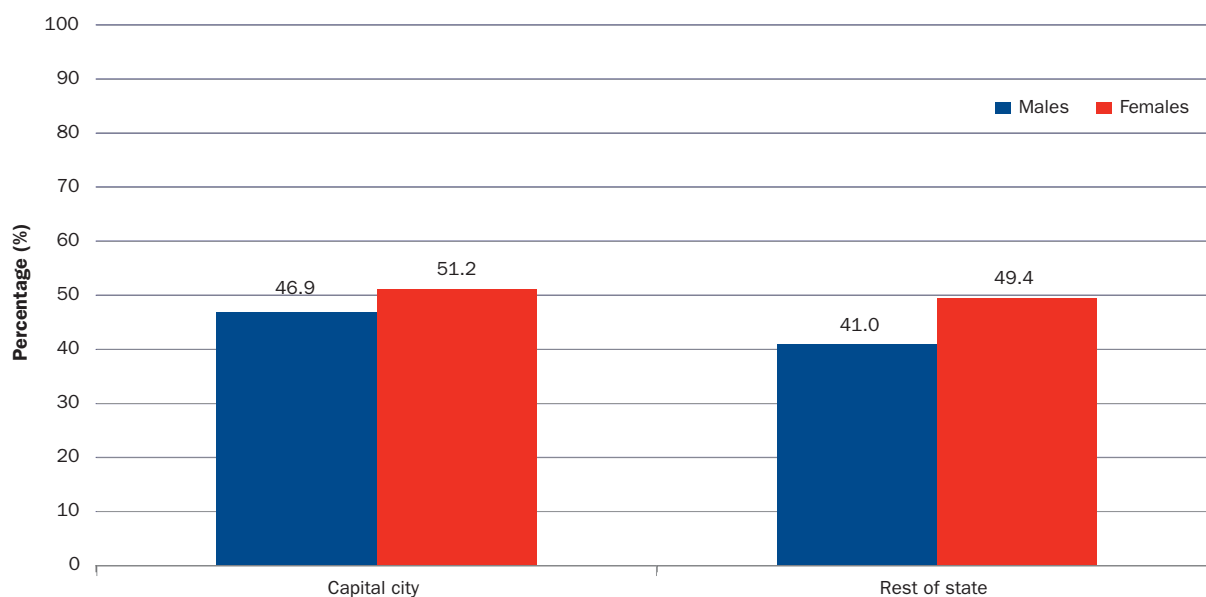
Labour force status

- Labour force status had limited impact on the regular participation rate in 2009, with the part-time employed having the highest regular participation rate (53.8%), compared to full-time employed (46.5%), unemployed (44.2%) and not in the labour force (45.7%) (Table 9).

Regional status

- The regular participation rate for any physical activity among persons living in capital cities was slightly higher than for those living in the rest of the state (49.1% and 45.2%, respectively) (Table 9). In both geographic areas, regular participation was higher for females than for males, reflecting the national pattern (Figure 6).

Figure 6: Regular participation rate in any physical activity by region and sex, 2009



Base: All persons aged 15 years and over (n=21,031)

Education

- The regular participation rate was highest for those with a university degree (54.3%) or diploma (52.0%), or who were still at secondary school (53.3%). The regular participation rate was lowest for those who did not complete the highest level of school (41.9%) or who never went to school (33.3%) (Table 9).

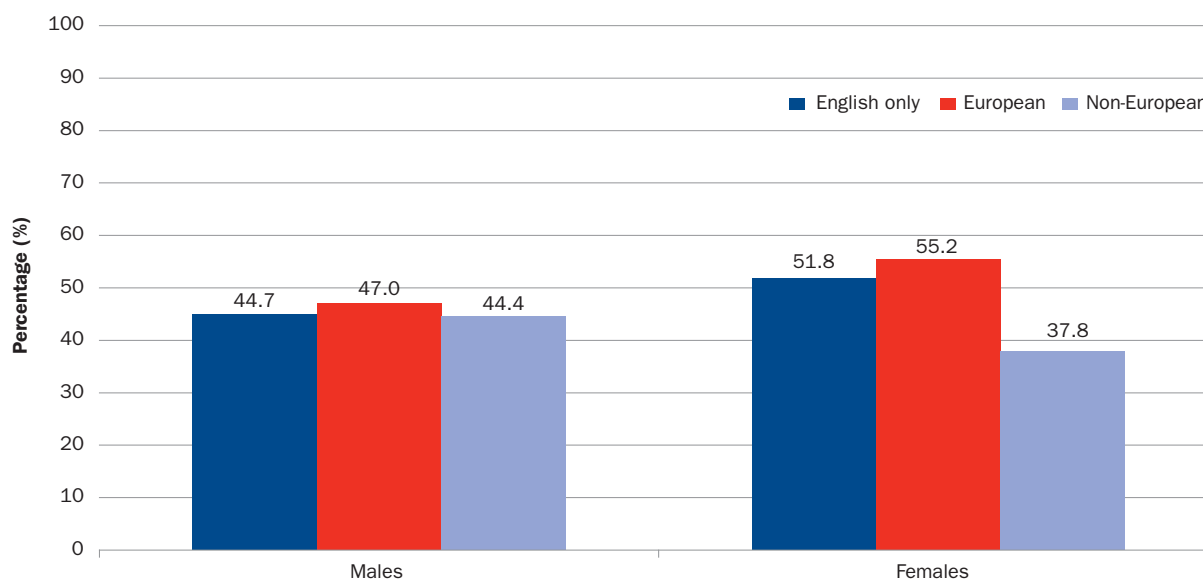
Language status

As ERASS collects information via telephone, persons who do not speak English may have been less likely to participate in this survey. However, given that a large majority of persons who speak a language other than English at home speak English well (82% according to the 2006 Census), it is reasonable to assume that these statistics represent an accurate estimation of their participation in physical activity for exercise, recreation or sport (Australian Bureau of Statistics, 2006, Census Tables, Catalogue number 2068.0, abs.gov.au).

- Among males, there was little difference in regular participation rates among those who speak English only at home (44.7%), those who speak a European language⁵ at home (47.0%) and those who speak a non-European language at home (44.4%).
- Among females, those who speak a non-European language at home had the lowest regular participation rates (37.8%), especially when compared to those who speak a European language at home (55.2%) (Figure 7 and Table 9).

5 See 'Glossary' for definitions of European and non-European languages.

Figure 7: Regular participation rate in any physical activity by language spoken at home and sex, 2009

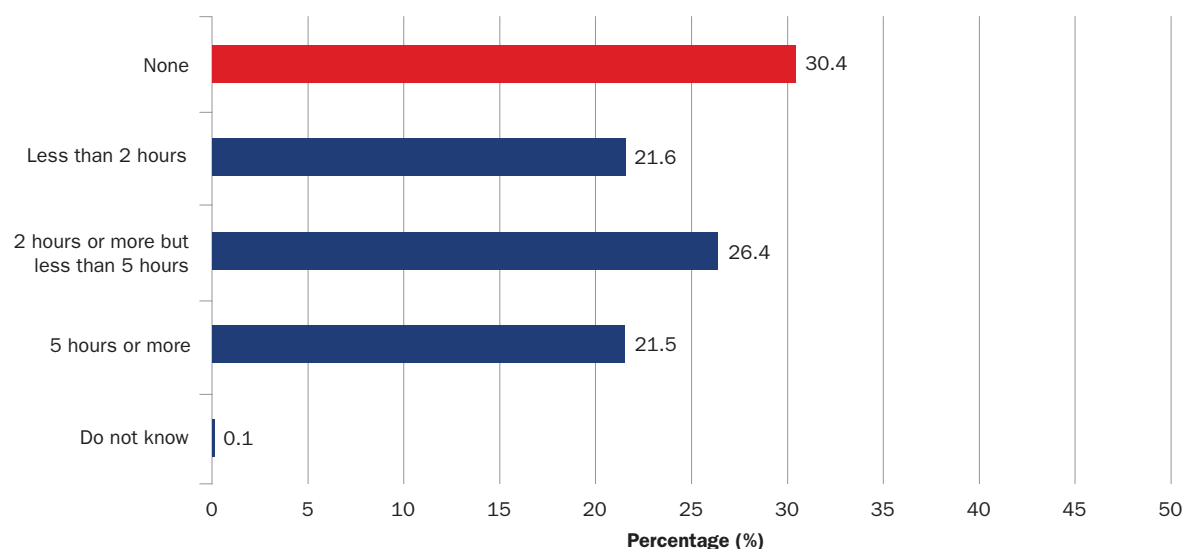


Base: All persons aged 15 years and over (n=21,031)

6.5 Duration of participation in any physical activity

- An estimated 11.9 million persons, or 69.6% of the population,⁶ participated in physical activity at least once⁷ in the two weeks prior to interview in 2009 (Table 5). These people are described as 'recent participants' in this report.⁸
- Almost one-third of all persons (30.4%) did not participate in physical activity⁹ in the two weeks prior to interview in 2009 (Figure 8).
- Almost half of all persons (47.9%), or an estimated 8.2 million people, participated for two hours or more per week in the two weeks prior to interview.
- An estimated 3.7 million persons, or 21.5% of all persons, participated for five hours or more per week in the two weeks prior to interview in 2009.

Figure 8: Weekly duration of participation in any physical activity, 2009



Base: All persons aged 15 years and over (n=21,031)

6 Table 5 excludes the frequency of participation of those who 'did not know' from the total.

7 Participated at least once in one of their top three activities for 2009 in the two weeks prior to interview.

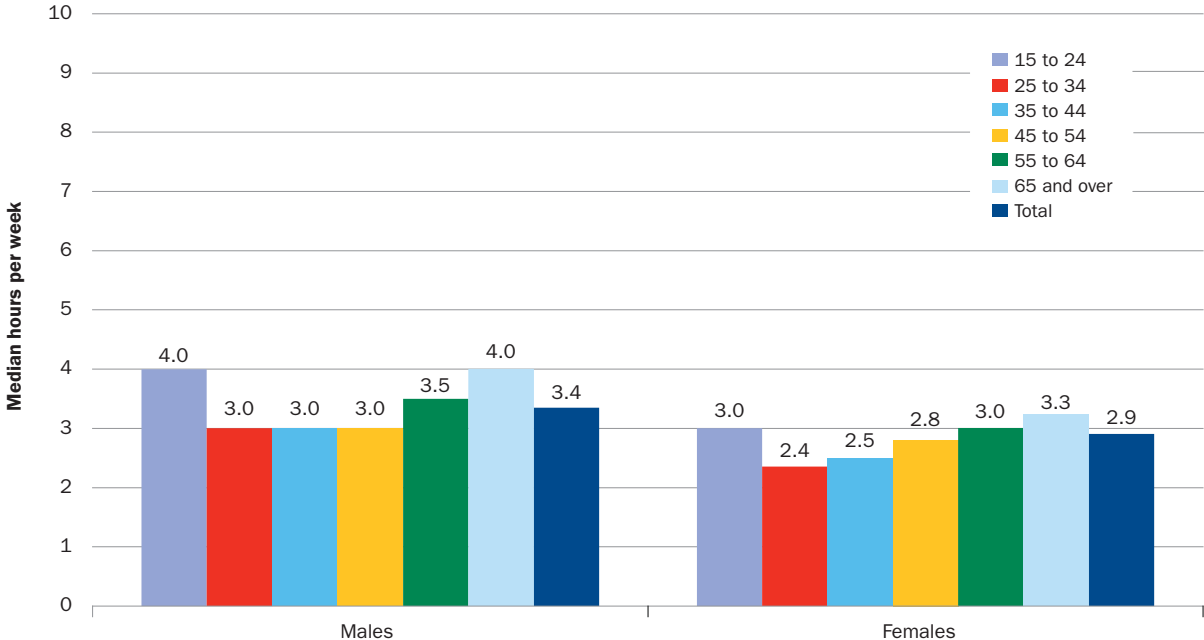
8 See 'Glossary' for more information about how 'recent participants' are defined.

9 Did not participate in one of their top three activities for 2009 in the two weeks prior to interview.

While females were more likely to be regular participants (see Section 5.4 ‘Regular participation in any physical activity by demographics’), males participated for a longer duration. Figure 9 shows recent participants’¹⁰ median duration in hours of physical activity per week.

- One-third of males (35.8%) who participated in physical activity during the two weeks prior to interview did so for five hours or more per week (Table 6). The median hours of participation in any physical activity was 3.4 hours per week for recent participant males (Figure 9).
- Among females, 26.3% who participated in any physical activity during the two weeks prior to interview did so for five hours or more per week (Table 7). The median hours of participation per week for females was 2.9.
- Among males, median duration of participation in any physical activity was highest among those aged 15 to 24 years (4.0 hours per week) and those aged 65 years and over (4.0 hours per week). This declined for males aged 25 to 54 years (3.0 hours per week) and then began to increase again among males aged 55 years and older.
- Among females aged 25 years or older, duration of participation increased gradually with age to 3.3 hours per week among those aged 65 years or older.

Figure 9: All recent participants — median duration of participation in any physical activity by age and sex, 2009



Base: All recent participants (n=14,351)

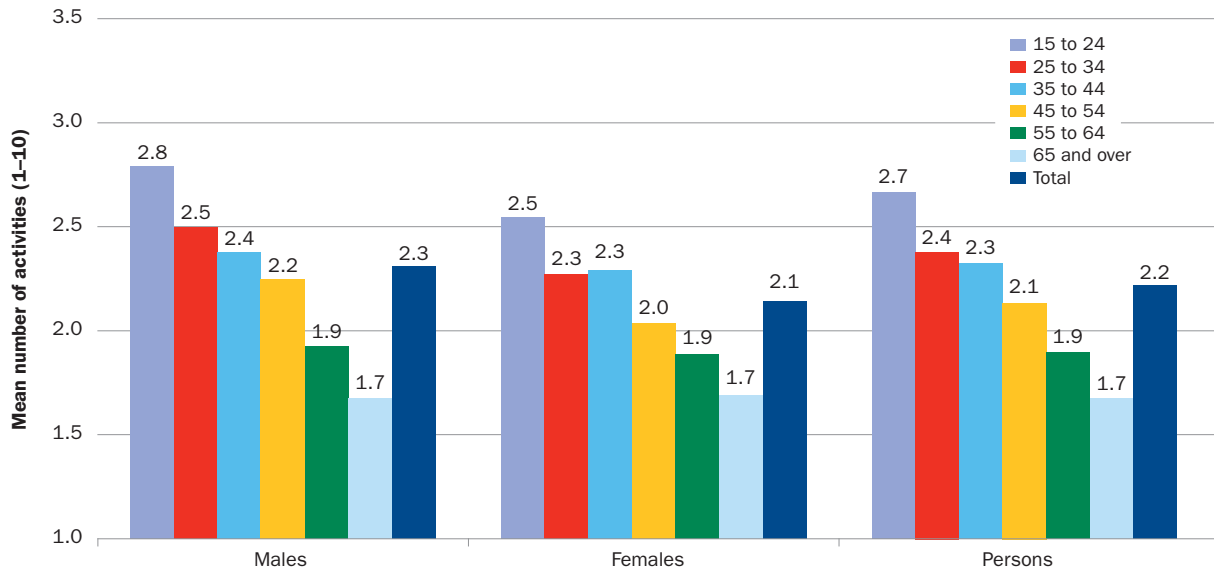
6.6 Average number of different physical activities

Participants took part in an average (mean) of 2.2 different sports or activities in the 12 months prior to interview (Figure 10).

- This peaked at 2.7 different activities for the 15 to 24 year age group and decreased with age to 1.7 different activities for those aged 65 and over.
- The average number of activities engaged in decreased with age for both males and females.
- Males participated in an average of 2.3 different activities, compared to an average of 2.1 different activities for females.

¹⁰ See ‘Glossary’ for more information about how ‘recent participants’ are defined.

Figure 10: All participants — average number of different physical activities by sex and age, 2009 (a)



Base: All participants (n=16,943)

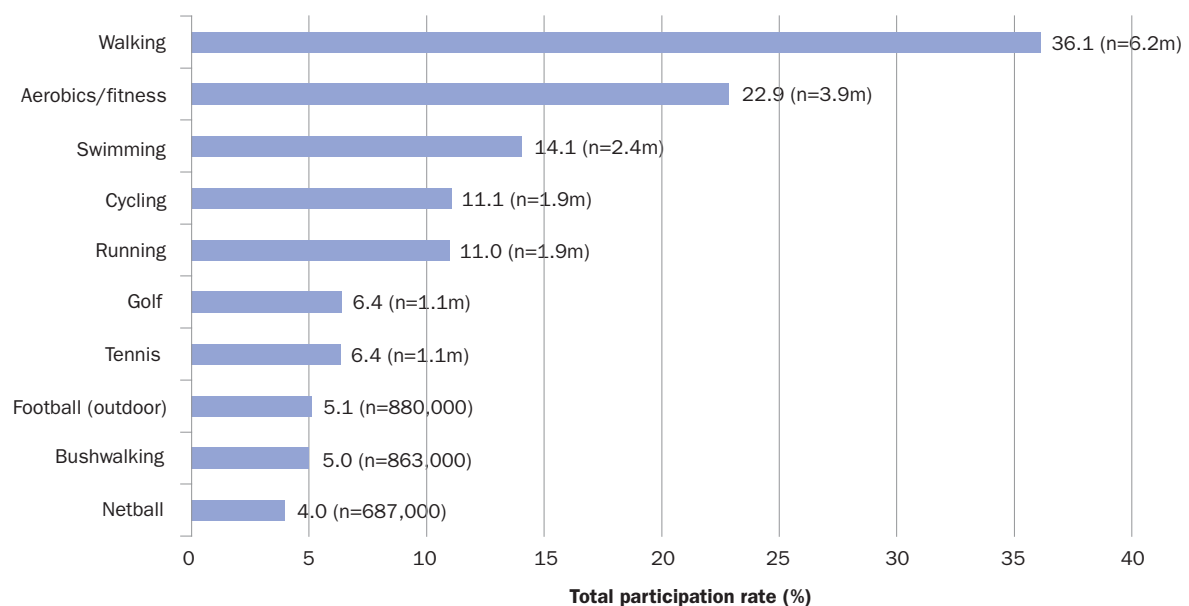
(a) The height of the columns are sometimes not equal when the average number of activities is reported as being equal. This is due to rounding. The average number of activities is rounded to one decimal place for reporting in the figure above, whereas the actual calculation of the column chart is based on a more precise estimate of at least ten decimal places.

6.7 Top ten physical activities

Total participation in top ten physical activities, 2009

- Of all activities, walking had the highest total participation rate (36.1%). An estimated 6.2 million persons aged 15 years and over walked at least once for exercise, recreation or sport in the 12 months prior to interview (Figure 11 and Table 13). This excluded bushwalking, which is categorised separately and had a total participation rate of 5.0%.
- Other sports and physical activities with relatively high total participation rates were aerobics/fitness activities (22.9%), swimming (14.1%), cycling (11.1%) and running (11.0%).

Figure 11: Top ten physical activities, 2009



Base: All persons aged 15 years and over (n=21,031)

Walking had the highest total participation rate for both males (26.1%) and females (46.0%) (Table 14).

- For males, activities with the highest total participation rates were walking (26.1%), aerobics/fitness activities (17.4%), cycling (14.9%), running (13.7%), swimming (13.0%) and golf (10.5%).
- For females, activities with the highest total participation rates were walking (46.0%), aerobics/fitness activities (28.3%), swimming (15.1%), running (8.4%), cycling (7.3%), netball (7.0%) and tennis (5.8%).

Walking also had the highest total participation rate across all age groups with the exception of the 15 to 34 year age group (Table 15).

- The total participation rate for walking increased with age, peaking at 55 to 64 years (52.0%) and declining slightly among those aged 65 years and older (45.5%).
- In the youngest age group (15 to 24 year olds), aerobics/fitness activities (25.1%), running (18.4%), swimming (16.0%) and outdoor football (15.9%) attracted the most participants.
- Participation in outdoor football tapered quickly with only 6.6% of persons aged 25 to 34 years participating and even lower participation rates in older age groups.
- In the oldest age group (65 years and older), walking (45.5%), aerobics/fitness (14.5%) and golf (8.7%) attracted the most participants.

Total participation in top ten physical activities, 2001–2009

- In terms of the top ten activities, aerobics/fitness had the largest increase in total participation between 2001 and 2009 (101% increase between 2001 and 2009) (Box 1). There has been a steady increase in participation in aerobics/fitness since 2001.
- Other activities in the top ten to experience large increases compared to 2001, included:
 - running (75% increase between 2001 and 2009), which showed a steady increase between 2001 and 2005, a slight decline in 2006, and then another increase between 2006 and 2009
 - outdoor football (60% increase between 2001 and 2009), which increased between 2001 and 2002, declined somewhat between 2002 and 2005, and then increased again between 2005 and 2009
 - walking (43% increase between 2001 and 2009), which increased between 2001 and 2004, decreased somewhat between 2004 and 2007, then increased in 2008, before decreasing slightly in 2009
 - cycling (32% increase between 2001 and 2009), which increased between 2002 and 2004, remained steady between 2004 and 2006, declined somewhat in 2007, increased between 2007 and 2008, and declined slightly in 2009.
- Activities experiencing declines in participation between 2001 and 2009 included:
 - tennis (–21% between 2001 and 2009), although 2009 participation rates were higher than in 2007 when participation was at a seven-year low
 - golf (–11%), in which participation declined steadily between 2002 and 2007 but increased somewhat in 2008, declining slightly in 2009.

Box 1: Total participation in top ten physical activities by year

	2001	2002	2003	2004	2005	2006	2007	2008	2009	% change 2001-2009 (a)
Total participation ('000)										
Walking	4,355.9	4,720.3	5,900.6	6,168.1	5,973.6	5,811.3	5,390.0	6,508.4	6,215.5	43
Aerobics/fitness	1,961.0	2,236.9	2,487.2	2,698.2	2,959.7	3,074.5	3,303.0	3,901.9	3,932.4	101
Swimming	2,415.5	2,278.0	2,384.5	2,605.7	2,311.2	2,200.0	1,966.2	2,414.3	2,419.1	0
Cycling	1,438.3	1,419.4	1,470.1	1,658.4	1,646.9	1,642.8	1,591.1	1,928.1	1,901.3	32
Running	1,084.3	1,161.8	1,181.5	1,312.0	1,231.7	1,194.9	1,245.1	1,649.4	1,893.7	75
Golf	1,240.2	1,337.1	1,282.0	1,250.6	1,139.3	1,090.9	915.0	1,181.1	1,103.1	-11
Tennis	1,381.8	1,260.5	1,407.0	1,323.2	1,253.3	1,100.7	951.2	1,122.5	1,093.3	-21
Football (outdoor)	551.3	693.2	668.5	659.2	614.3	675.7	683.0	855.6	879.8	60
Bushwalking	794.9	855.5	902.2	818.0	910.4	754.3	926.5	1,067.3	862.9	9
Netball	612.4	624.6	613.3	564.3	581.7	581.2	518.4	642.6	686.8	12

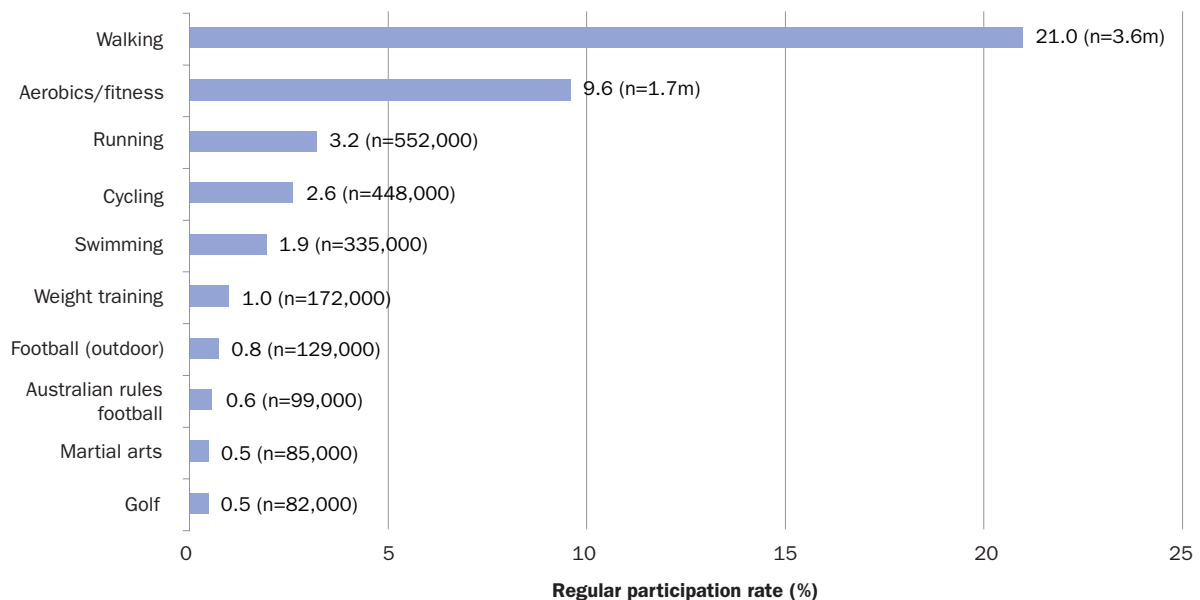
Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

(a) Percentage change in the number of participants between 2001 and 2009. Per cent change over 2001 is calculated as follows: $(n_{2009} - n_{2001}) / n_{2001}$.

Top ten regular physical activities, 2009

- Of all activities, walking had the highest total regular participation rate (21.0%). An estimated 3.6 million persons aged 15 years and over walked at least three times per week, on average (Figure 12).
- Other sports and physical activities with relatively high regular participation rates were aerobics/fitness activities (9.6%), running (3.2%), cycling (2.6%) and swimming (1.9%).

Figure 12: Top ten regular physical activities, 2009



Base: All persons aged 15 years and over (n=21,031)

Frequency of specific physical activities, 2009

People participated most frequently in walking. The median number of times per year spent walking for exercise, recreation or sport was 156, which equates to 3.0 times per week on average (Table 16).

Other activities¹¹ relatively frequently participated in were:

- aerobics/fitness (median of 104 times a year, which equates to 2.0 times per week on average)
- weight training (2.0 times per week on average)
- running (1.9 times per week on average)
- martial arts (1.9 times per week on average)
- lawn bowls (1.3 times per week on average).

Horse riding/equestrian activities, rowing, dancing, boxing, Australian rules football, cycling, outdoor hockey, yoga, softball, netball, basketball, roller sports, outdoor football, rugby union, surf sports, volleyball and rugby league were all participated in at least once per week on average.

11 Activities included in this analysis refer only to those activities that are participated in by 50,000 or more persons aged 15 years and over in 2009.

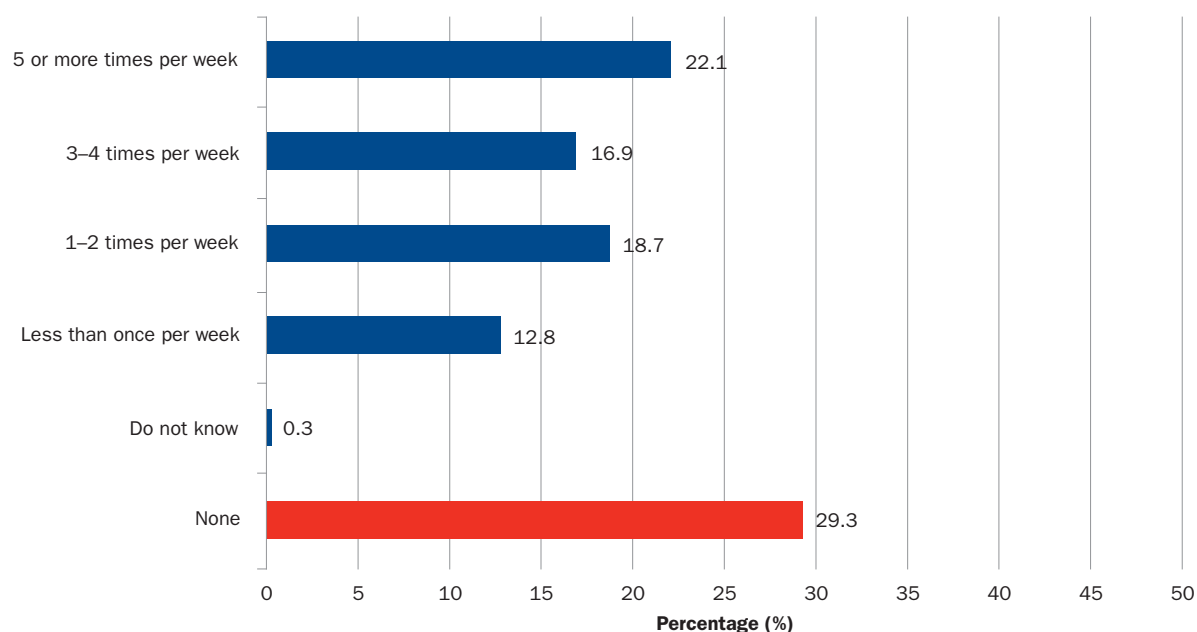
7 Participation in non-organised physical activity

7.1 Frequency of participation in non-organised physical activity

During the 12 months prior to interview in 2009:

- An estimated 12.2 million persons aged 15 years and over participated **at least once annually** in physical activity for exercise, recreation or sport that was non-organised,¹² a **total participation rate** in non-organised activity of 70.7% (Table 1).¹³ Over three-quarters (86.2%) of all participants undertook at least some non-organised activity.
- An estimated 9.9 million persons aged 15 years and over participated **at least once per week** in a non-organised physical activity for exercise, recreation or sport,¹⁴ a **weekly participation rate** in non-organised activity of 57.7% (Figure 13).
- An estimated 6.7 million persons aged 15 years and over participated **three times a week or more**, a **regular participation rate** in non-organised activity of 38.9%.
- An estimated 3.8 million persons aged 15 years and over participated **five times a week or more**, a **frequent participation rate** in non-organised activity of 22.1%.
- An estimated 5.0 million persons aged 15 years and over did not participate in **any** non-organised physical activity for exercise, recreation or sport in the 12 months prior to interview in 2009, a **non-participation rate** in non-organised activity of 29.3%.

Figure 13: Frequency of participation in non-organised physical activity, 2009



Base: All persons aged 15 years and over (n=21,031)

¹² See 'Glossary' for the definition of non-organised physical activities.

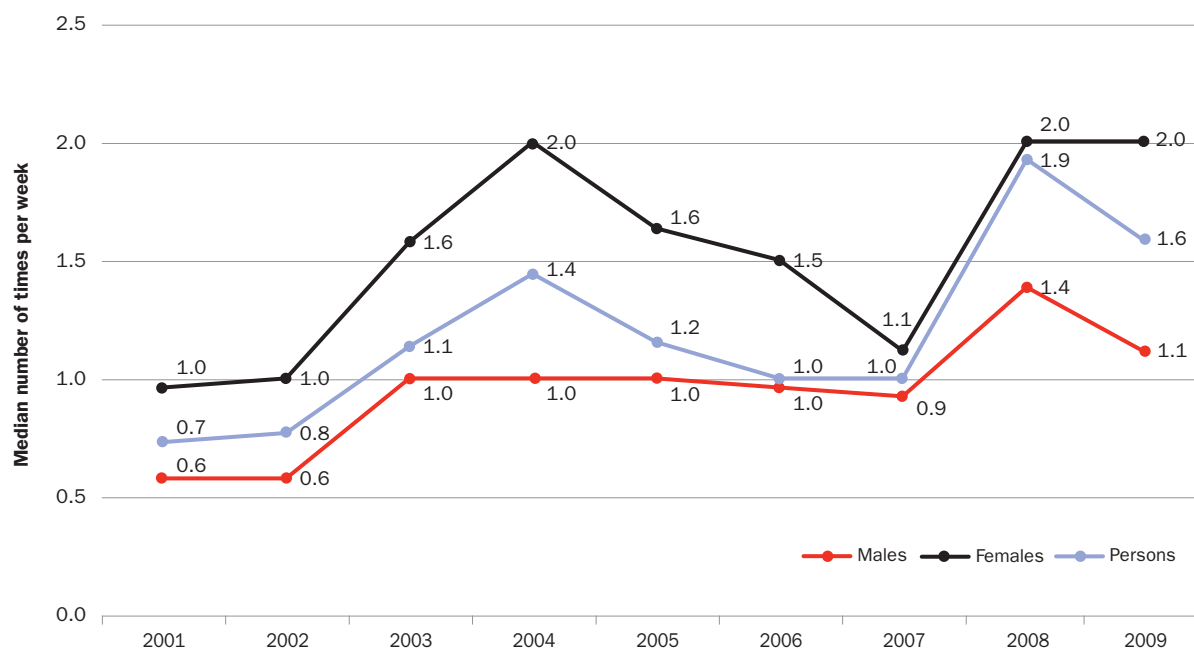
¹³ Those who did not know if activity was organised (Q3) are included in the counts of non-organised participants.

¹⁴ See 'Glossary' for information about how 'per week' statistics are calculated.

7.2 Median frequency of participation in non-organised physical activity, 2001–2009

- The median frequency of participation in non-organised physical activity was 1.6 times per week in 2009 among all Australians (Figure 14). This median calculation includes non-participants (that is, zero frequency). This is lower than a peak in 2008 (when it was 1.9 times per week), but higher than when first measured in 2001 (when it was 0.7 times per week).
- For all females, the median frequency of participation in non-organised activity was 2.0 times per week in 2009, as in 2008.
- For all males, the median frequency of participation in non-organised physical activity was 1.1 times per week in 2009. This was lower than a peak of 1.4 in 2008, but higher than when first measured in 2001 (0.6 times per week).

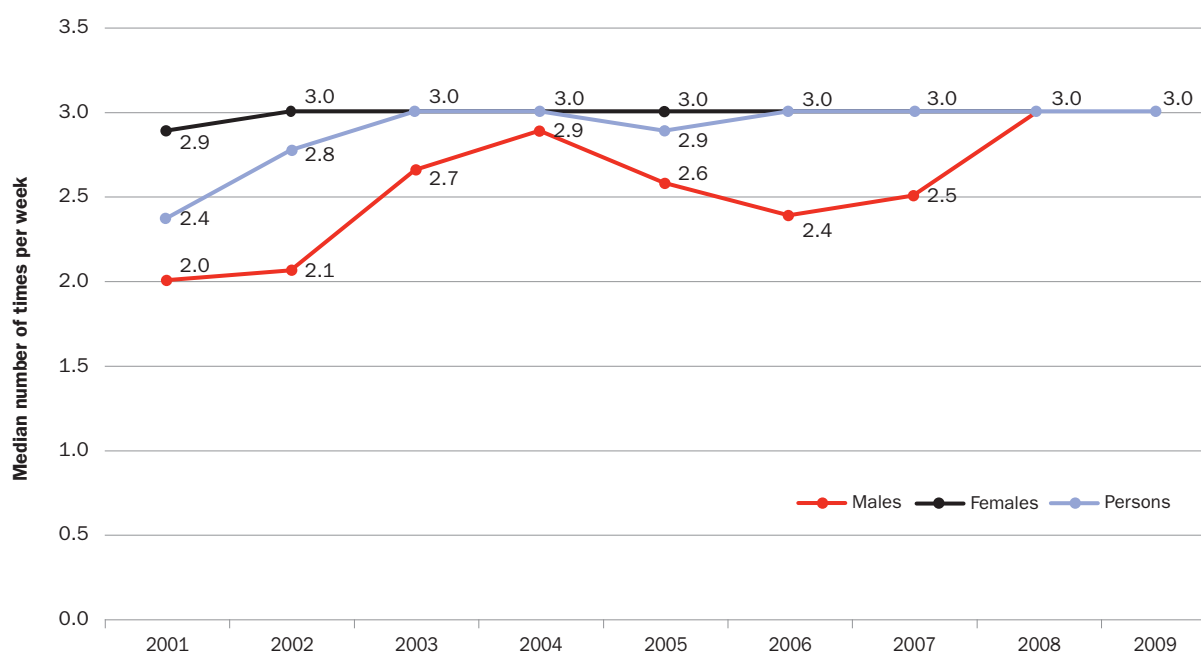
Figure 14: Median frequency of participation per week in non-organised physical activity by sex and year



Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

- Among participants in non-organised physical activity only (excluding zero frequency), the median frequency of participation in non-organised physical activity was 3.0 times per week in 2009 (Figure 15).
- The median frequency of participation among non-organised physical activity participants was 3.0 for both males and females. Frequency of participation in non-organised activity was higher than that in organised activity (see Section 7.2 ‘Median frequency of participation in organised physical activity, 2001–2009’).

Figure 15: All participants in non-organised physical activity — median frequency of participation per week in non-organised physical activity by sex and year



Base: All participants in non-organised physical activity who provided a frequency in 2009 (n=14,748); in 2008 (n=12,493); in 2007 (n=10,771); in 2006 (n=9,309); in 2005 (n=9,557); in 2004 (n=9,560); in 2003 (n=9,394); in 2002 (n=8,648); and in 2001 (n=8,395)

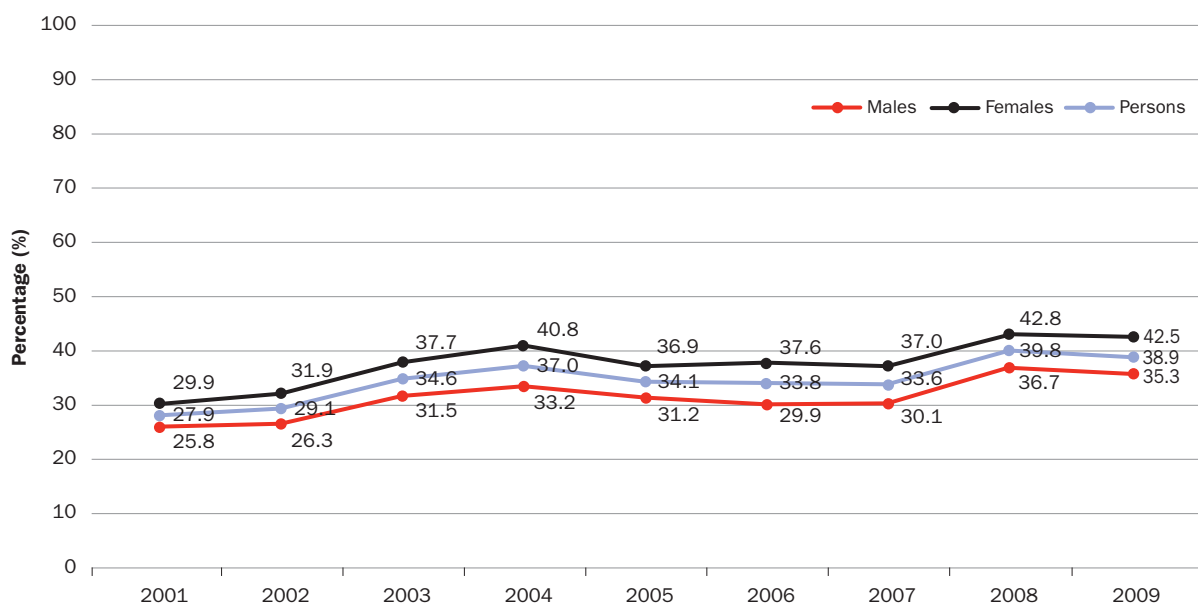
7.3 Regular participation in non-organised physical activity, 2001–2009

Regular participation in exercise, recreation or sport is defined as those participating three times a week or more, on average.¹⁵

- The regular participation rate in non-organised physical activity in 2009 was 38.9% (Figure 16). This was considerably higher than for organised physical activity (see Section 7.3 ‘Regular participation in organised physical activity, 2001–2009’).
- The regular participation rate in non-organised physical activity has increased since 2001 (when it was 27.9%) and in 2009 was only slightly lower than a peak in 2008 (when it was 39.8%). Although during the same period there was an increase in the regular participation rate in organised physical activity (see Section 7.3 ‘Regular participation in organised physical activity, 2001–2009’), the increase was greater for non-organised activity.
- More females than males were regular participants in non-organised physical activity, and this has been the case since 2001. In 2001, the regular participation rate in non-organised physical activity among males was 25.8%, compared to 29.9% among females. In 2009, regular male participation in non-organised physical activity increased to 35.3%. In the same period, regular participation among females increased to 42.5%. Both males and females followed the same general pattern of a gradual increase in regular participation in non-organised physical activity between 2001 and 2009, with two peaks occurring in 2004 and 2008.

¹⁵ See ‘Glossary’ for information about how ‘per week’ statistics are calculated.

Figure 16: Regular participation rate in non-organised physical activity by sex and year



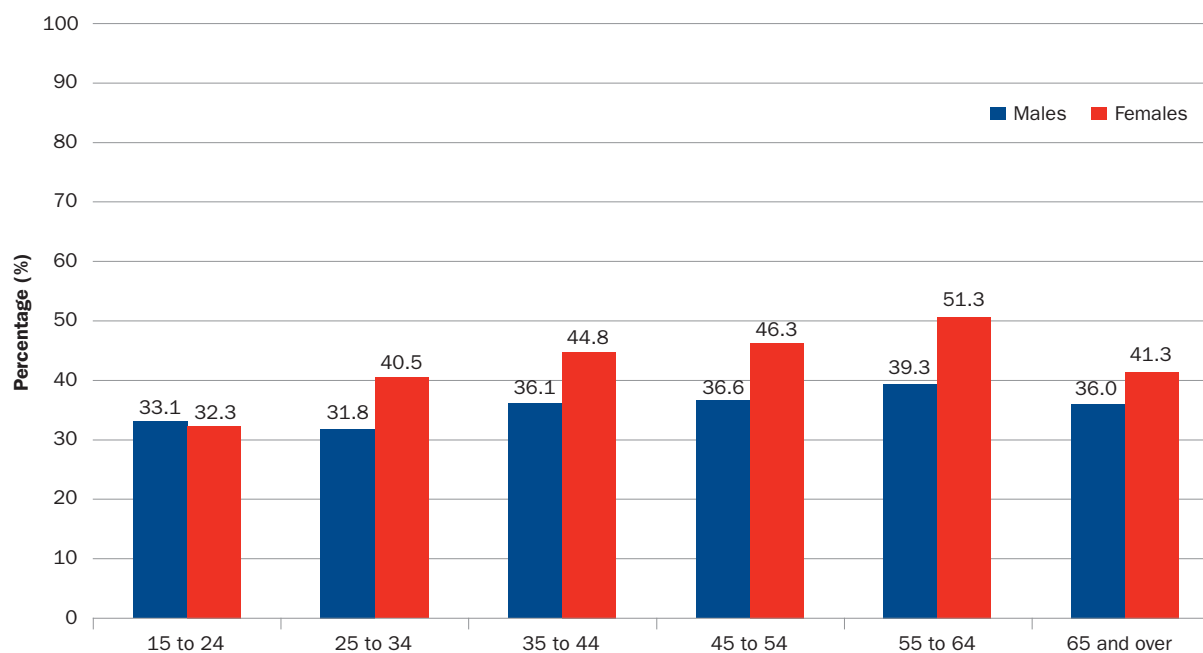
Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

7.4 Regular participation in non-organised physical activity by demographics

Age and sex

- More females than males regularly participated in non-organised physical activity in 2009 (42.5% and 35.3%, respectively).
- Among females, regular participation in non-organised physical activity was lowest among those aged 15 to 24 years (32.3%), and gradually increased with age, peaking in the 55 to 64 year age group (50.6%), before declining again (Figure 17). Among females aged 65 years or older, the regular participation rate in non-organised physical activity was 41.3%.
- Among males, regular participation in non-organised physical activity also increased with age, from 33.1% among males aged 15 to 24 years to 31.8% among males aged 25 to 34 years and to 39.3% among males aged 55 to 64 years. As with females, there was a small decline in regular participation in non-organised physical activity among those aged 65 years or older (36.0%).
- Regular participation in non-organised physical activity was higher for females than males in all age groups except those aged 15 to 24 years.

Figure 17: Regular participation rate in non-organised physical activity by age and sex, 2009



Base: All persons aged 15 years and over (n=21,031)

Labour force status

- Those working part time had the highest rate of regular participation in non-organised physical activity (43.4%), followed closely by those working full time (38.0%) and those not in the labour force (38.3%).
- The unemployed had the lowest rate of regular participation in non-organised physical activity (32.1%).
- More females than males participated in non-organised physical activity regardless of labour force status, but the gender gap was particularly pronounced among those who were employed. Females working full time (44.3%) and part time (45.4%) had the highest regular participation rates in non-organised activity.

Regional status

- There was no major difference between capital cities and the rest of the nation in regular participation rates in non-organised physical activity (39.6% and 37.7%, respectively).

Education

- Those still at secondary school had the highest regular participation rate in organised physical activity (see Section 7.4 'Regular participation in organised physical activity by demographics'), but had the lowest regular participation rate in non-organised physical activity (27.3%).
- Regular participation in non-organised physical activity was highest among people with university degrees (45.3%) or diplomas (42.9%).

Language status

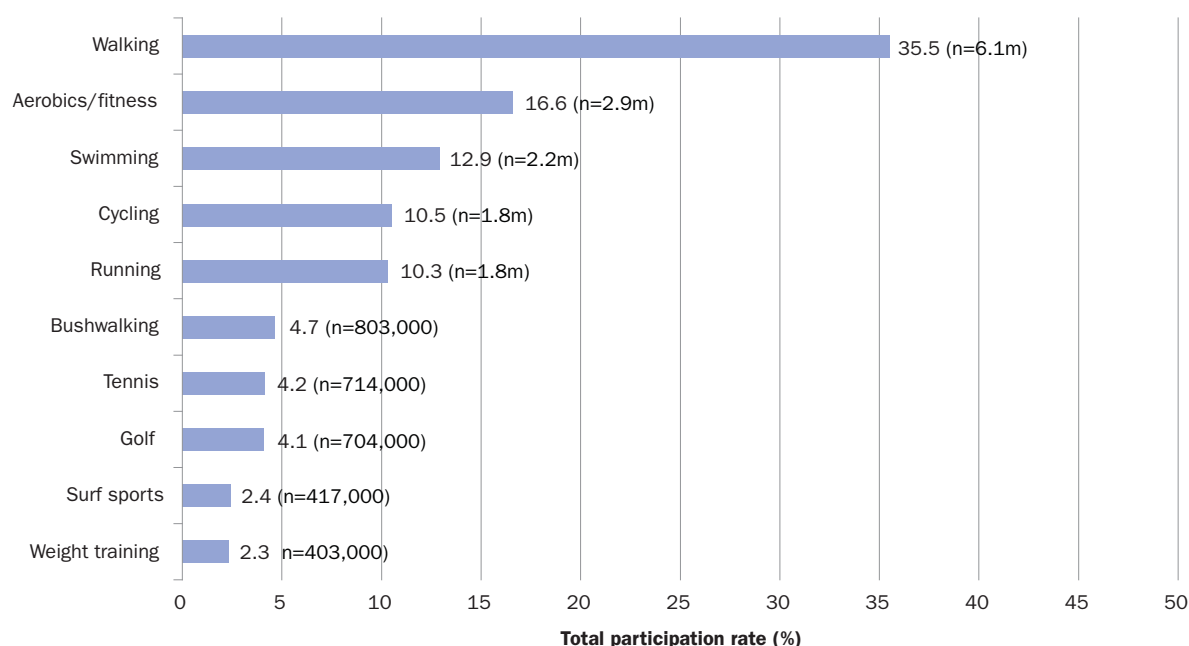
- Regular participation in non-organised physical activity was less common among those who speak a non-European language at home (32.5%), compared to those who speak English or another European language at home (39.8%).

7.5 Top ten non-organised physical activities

Total participation in top ten non-organised physical activities, 2009

- Of all non-organised activities, walking had the highest total participation rate (35.5%). An estimated 6.1 million persons aged 15 years and over walked at least once, as a non-organised activity, in the 12 months prior to interview (Figure 18 and Table 13). Almost all participation in walking was non-organised. This excluded non-organised bushwalking, which is categorised separately and had a total participation rate of 4.7%.
- Other non-organised sports and physical activities with relatively high total participation rates were aerobics/fitness activities (16.6%), swimming (12.9%), cycling (10.5%) and running (10.3%).
- Almost all participation in cycling and running was non-organised. Most participation in swimming was non-organised.

Figure 18: Top ten non-organised physical activities, 2009



Base: All persons aged 15 years and over (n=21,031)

Total participation in top ten non-organised physical activities, 2001–2009

- In terms of the top ten non-organised activities, aerobics/fitness had the largest increase in total participation between 2001 and 2009 (159% increase between 2001 and 2009) (Box 2). Aerobics/fitness participation increased steadily over the nine years, excepting a slight decline in 2007.
- Other activities in the top ten to experience large increases since 2001 included:
 - running (79% increase between 2001 and 2009), which increased between 2001 and 2004, declined slightly between 2004 and 2006, and then increased again between 2006 and 2009
 - walking (43% increase between 2001 and 2009), which increased between 2001 and 2004, declined between 2004 and 2007, then increased again in 2008, before declining slightly in 2009
 - cycling (33% increase between 2001 and 2009), which increased fairly steadily between 2002 and 2005, declined slightly in the 2005–07 period, increased again between 2007 and 2008, and declined slightly between 2008 and 2009
 - weight training (28% increase between 2001 and 2009), which has shown no consistent pattern between 2001 and 2009
 - surf sports (21% increase between 2001 and 2009), which increased between 2002 and 2004, decreased between 2004 and 2007, then increased again between 2007 and 2009.

- In terms of the top ten non-organised activities, the only one experiencing a decline in participation between 2001 and 2009 was tennis (-23% between 2001 and 2009). The decline in tennis participation mainly occurred between 2003 and 2007. Participation increased between 2007 and 2008, but declined again in 2009 to lower than in 2001.

Box 2: Total participation in top ten non-organised physical activities by year

	2001	2002	2003	2004	2005	2006	2007	2008	2009	% change 2001–2009 (a)
Total participation ('000)										
Walking	4,283.5	4,625.1	5,787.8	6,099.7	5,875.3	5,724.1	5,309.7	6,417.5	6,110.2	43
Aerobics/fitness	1,104.1	1,273.5	1,340.7	1,551.8	1,623.2	1,959.9	1,876.7	2,788.1	2,855.2	159
Swimming	2,170.1	2,042.2	2,066.5	2,295.2	2,070.8	1,955.0	1,738.8	2,158.9	2,219.8	2
Cycling	1,361.1	1,342.4	1,400.7	1,591.3	1,576.4	1,571.7	1,532.0	1,850.5	1,809.9	33
Running	989.3	1,067.5	1,094.5	1,242.4	1,143.2	1,125.5	1,171.4	1,554.6	1,771.4	79
Bushwalking	737.4	787.8	824.8	731.1	837.6	693.8	862.5	984.8	803.0	9
Tennis	927.0	818.0	884.4	819.7	792.5	752.7	602.3	791.1	714.0	-23
Golf	695.2	733.1	690.4	680.5	654.0	631.4	488.9	752.5	703.8	1
Surf sports	344.1	325.4	345.1	472.4	403.0	349.2	291.9	321.8	417.2	21
Weight training	313.8	230.0	274.6	304.3	233.1	355.0	257.7	468.5	402.7	28

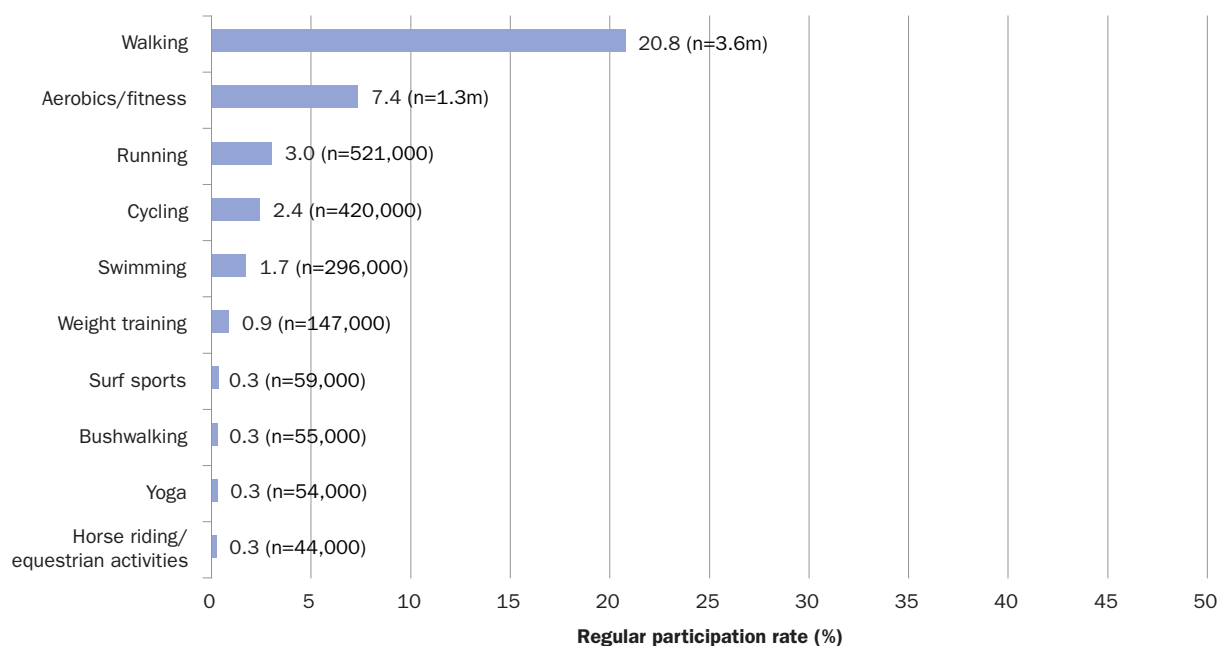
Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

(a) Percentage change in the number of participants between 2001 and 2009. Per cent change over 2001 is calculated as follows: $(n_{2009} - n_{2001}) / n_{2001}$.

Top ten regular non-organised physical activities, 2009

- Of all non-organised activities, walking had the highest total regular participation rate (20.8%). An estimated 3.6 million persons aged 15 years and over walked at least three times per week, on average (Figure 19).
- Other non-organised sports and physical activities with relatively high regular participation rates were aerobics/fitness activities (7.4%), running (3.0%), cycling (2.4%) and swimming (1.7%).

Figure 19: Top ten regular non-organised physical activities, 2009



Base: All persons aged 15 years and over (n=21,031)

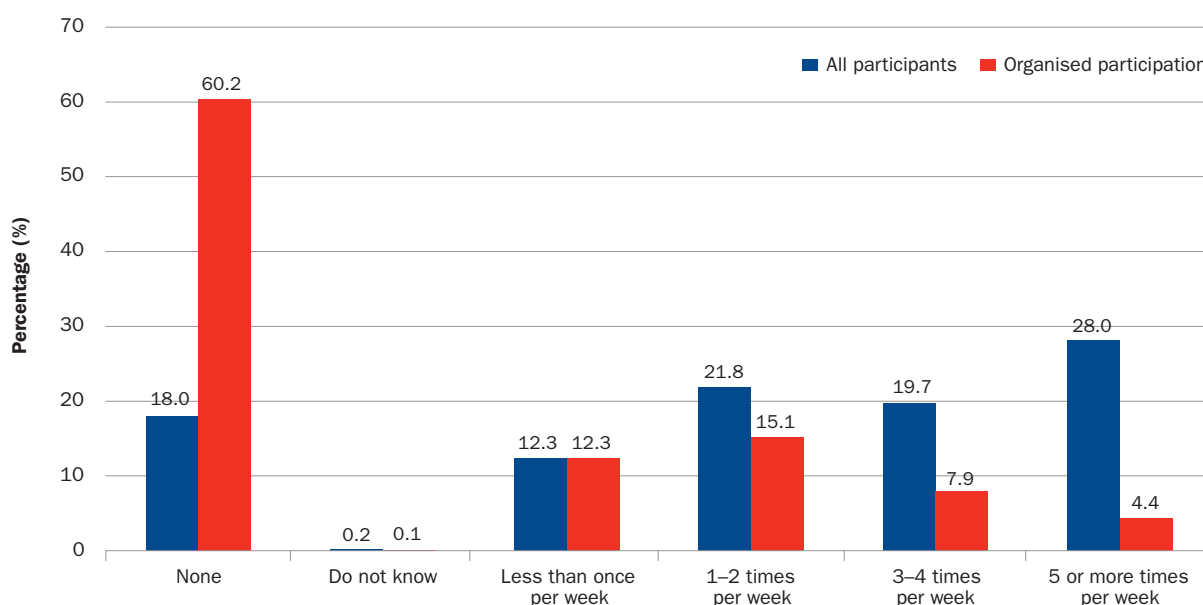
8 Participation in organised physical activity

8.1 Frequency of participation in organised physical activity

During the 12 months prior to interview in 2009:

- An estimated 6.8 million persons aged 15 years and over participated **at least once annually** in physical activity for exercise, recreation or sport that was organised by a club, association, fitness centre or other type of organisation,¹⁶ a **total participation rate** in organised activity of 39.8% (Table 1). Almost half (48.5%) of those participating in any activity did so on a partially or fully organised basis.
- An estimated 4.7 million persons aged 15 years and over participated **at least once per week** in organised physical activity, a **weekly participation rate** in organised activity of 27.4% (Table 11). This was about half the weekly participation rate in non-organised activity (see Section 6.1 'Frequency of participation in non-organised physical activity').
- An estimated 2.1 million persons aged 15 years and over participated in an organised physical activity three times a week or more, a **regular participation rate** in organised activity of 12.3%. This was about one-third the regular participation rate in non-organised activity (see Section 6.1 'Frequency of participation in non-organised physical activity').
- An estimated 750,000 persons aged 15 years and over participated in an organised physical activity five times a week or more, a **frequent participation rate** in organised activity of 4.4% (Figure 20 and Table 10).
- An estimated 10.3 million persons aged 15 years and over did not participate in any organised physical activity in the 12 months prior to interview in 2009, a **non-participation rate** in organised activity of 60.2%.

Figure 20: Frequency of participation in organised physical activity, 2009



Base: All persons aged 15 years and over (n=21,031)

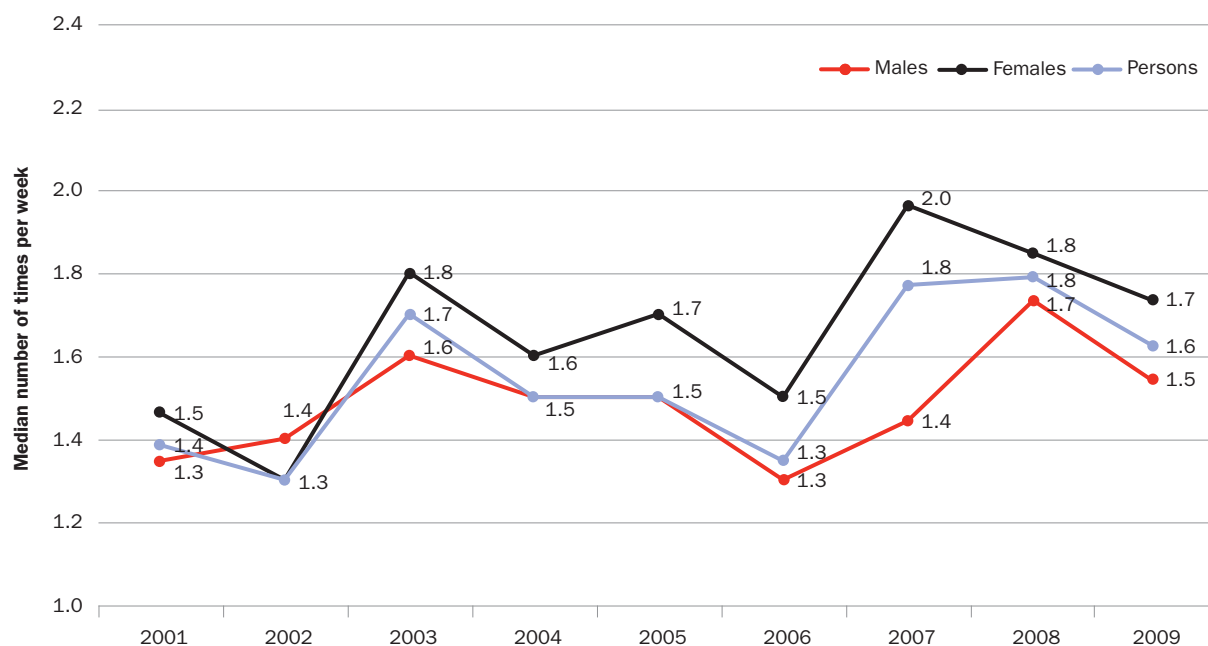
¹⁶ See 'Glossary' for the definition of organised physical activities.

8.2 Median frequency of participation in organised physical activity, 2001–2009

Note that the median data in this section are based only on those people who participated in organised physical activity.

- The median frequency of participation in organised physical activity among participants¹⁷ was 1.6 times per week in 2009 (Figure 21).
- In 2009, the median frequency of participation in organised activity among participants was slightly lower than at its peak in 2008 (1.8 times per week), but still higher than in 2001 when it was 1.4 times per week.
- For female participants, the median frequency of participation in organised activity was 1.7 times per week in 2009. This was lower than in 2007, when it peaked at 2.0 times per week, but higher than in 2001 when it was 1.5 times per week.
- Among male participants, the median frequency of participation in organised activity was 1.5 times per week in 2009. This was slightly lower than when it was at its peak in 2008 (1.7 times per week), but higher than in 2001 when it was 1.3 times per week.

Figure 21: All participants in organised physical activity — median frequency of participation per week in organised physical activity by sex and year



Base: All participants in organised activity who provided a frequency in 2009 (n=7,682); in 2008 (n=6,753); in 2007 (n=6,039); in 2006 (n=4,994); in 2005 (n=5,486); in 2004 (n=5,587); in 2003 (n=5,664); in 2002 (n=5,329); and in 2001 (n=5,317)

8.3 Regular participation in organised physical activity, 2001–2009

Regular participation in exercise, recreation or sport is defined as participating three times a week or more, on average.¹⁸

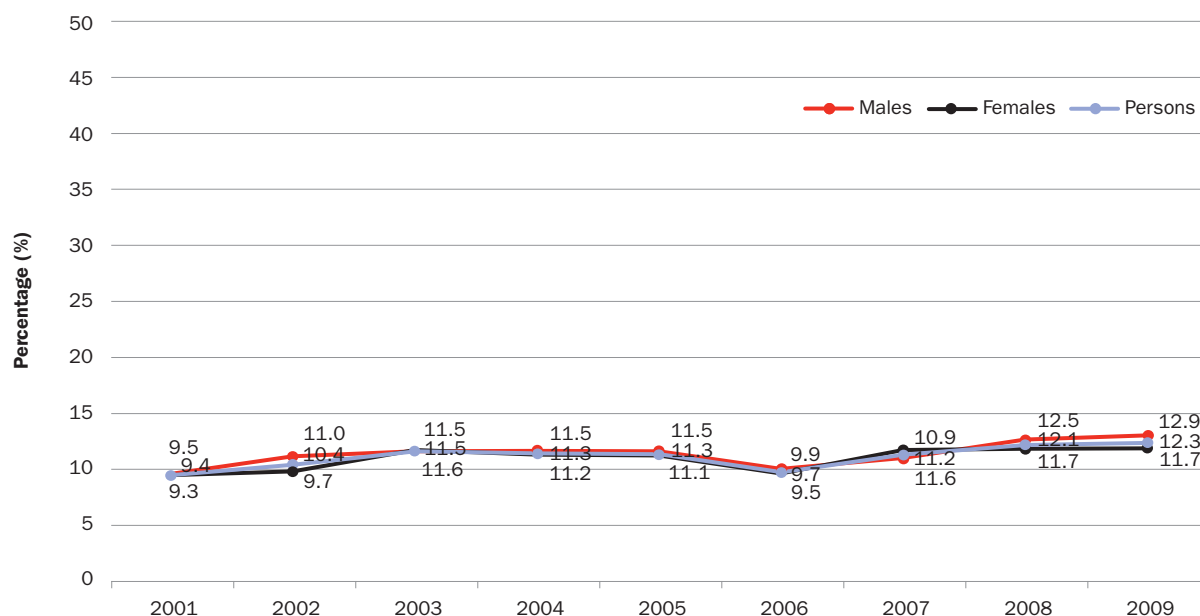
- In 2009, the regular participation rate in organised physical activity was 12.3%. This was considerably lower than for non-organised physical activity (see Section 6.3 'Regular participation in non-organised physical activity, 2001–2009').

¹⁷ All those not participating in organised activity (frequency=0) are excluded from this calculation.

¹⁸ See 'Glossary' for information about how 'per week' statistics are calculated.

- The regular participation rate in organised physical activity has increased for males since 2001 (Figure 22). The 2009 rate for males was 12.9% (1.1 million), compared to 9.5% in 2001 (707,000). The increase was gradual, with a decline occurring in the 2005–06 period and the rate beginning to recover in 2007.
- The regular participation rate in organised physical activity has increased for females, but more modestly. The 2009 rate for females was 11.7% (1.0 million), compared to 9.3% in 2001 (713,000). Females followed the same general pattern as males, with a gradual increase between 2001 and 2009, except for a period of decline in the 2005–06 period.
- There was little difference between males and females in organised participation rates in 2009. This has been the case since 2001 and is different to non-organised participation, in which females have consistently had a higher regular participation rate (see Section 6.3 ‘Regular participation in non-organised physical activity, 2001–2009’).

Figure 22: Regular participation rate in organised physical activity by sex and year



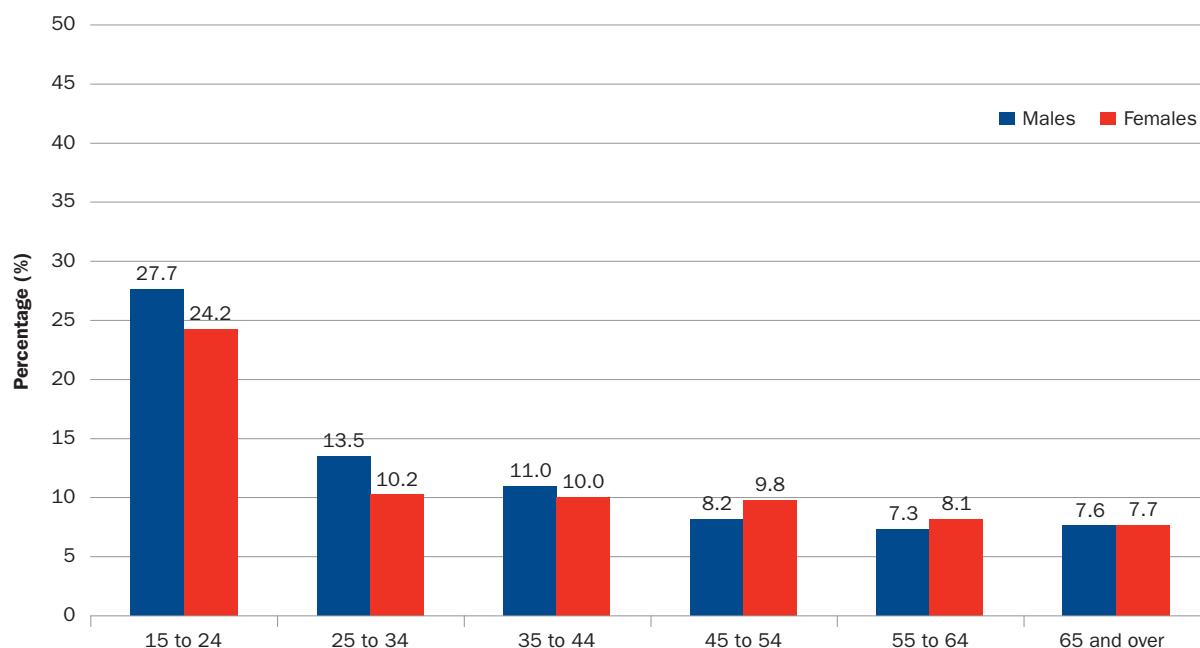
Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

8.4 Regular participation in organised physical activity by demographics

Age and sex

- On average, more males than females regularly participated in organised physical activity in 2009, but the difference was small (12.9% and 11.7%, respectively).
- Regular participation in organised physical activity was higher for males than females in the 15 to 44 years age groups and higher for females in the 45 to 64 years age groups (Figure 23).
- Whereas participation in non-organised physical activity increased with age (see Section 6.4 ‘Regular participation in non-organised physical activity by demographics’), regular participation in organised physical activity was most common among those aged 15 to 24 years.

Figure 23: Regular participation rate in organised physical activity by age and sex, 2009



Base: All persons aged 15 years and over (n=21,031)

Labour force status

- Those employed part time (16.0%) and the unemployed (14.9%) had the highest regular participation rate in organised physical activity, when compared to those employed full time (11.5%) or not in the labour force (10.2%).

Regional status

- Regular participation in organised physical activity was slightly higher in capital cities (12.8%) than elsewhere (11.3%).

Education

- Those still at secondary school had the highest regular participation rate in organised physical activity (32.3%).
- In 2009, there were few differences of note between persons of different education levels.

Language status

- Unlike non-organised physical activity (see Section 6.4 'Regular participation in non-organised physical activity by demographics'), there were few differences in regular participation in organised physical activity among those who speak only English at home (12.2%), those who speak another European language at home (13.3%), and those who speak a non-European language at home (13.1%).

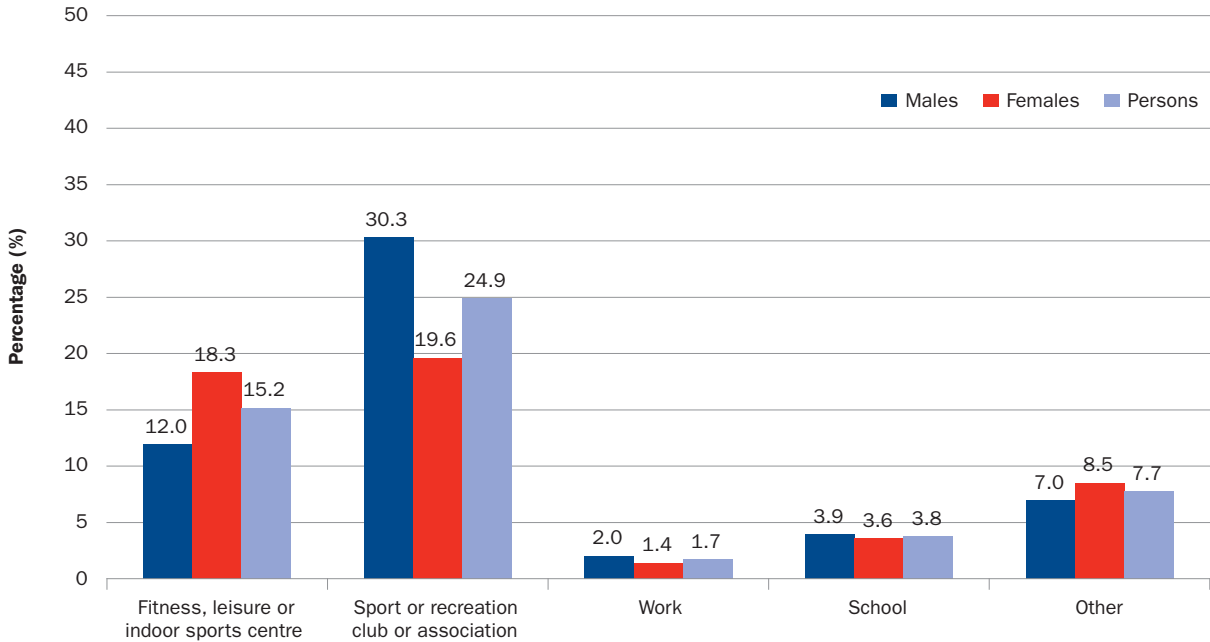
8.5 Type of organisation

Note that there are some concerns about the accuracy of the data in ERASS relating to the type of organisation involved in organising physical activities (see Section 11 'Exercise, Recreation and Sport Survey questionnaire 2009' for detailed question wording). In particular, there is concern that the distinction between 'fitness, leisure or indoor sports centre' and 'sport or recreation club or association' may not always be clear to either the respondent and/or the interviewer, particularly for those involved in aerobics/fitness activities. This could be due to the fact that some fitness centres refer to themselves as a 'club' and charge an annual membership fee, which can then blur the distinction between 'fitness, leisure or indoor sports centre' and 'sport or recreation club or association'. For this reason, in this analysis, all aerobics/fitness participants describing their participation as being through a 'club' have been recoded to 'fitness, leisure or indoor sports centre'.

In terms of the type of organisation behind organised physical activity:

- An estimated 4.3 million persons, or 24.9%, participated at least once in 2009 in activity organised by a **sport or recreation club or association** (Table 12).
- An estimated 2.6 million persons, or 15.2%, participated in activity organised by a **fitness, leisure or indoor sports centre**.
- Relatively few people participated in activity organised by their **school** (647,500 persons, or 3.8%) or **work** (292,500 persons, or 1.7%).
- More females than males participated at least once in activities organised by a fitness, leisure or indoor sports centre (total participation rates of 18.3% and 12.0%, respectively) (Table 12 and Figure 24).
- More males participated at least once in activity organised by a sport or recreation club or association than females (total participation rates of 30.3% and 19.6%, respectively).
- Participation in physical activity organised by a club was highest among the 15 to 24 age group (40.7%) (Table 12).

Figure 24: Total participation rate in organised physical activity by type of organisation, 2009



Base: All persons aged 15 years and over (n=21,031)

Note: aerobics/fitness participants¹⁹ who said their activity had been organised by a sport or recreation club or association have been recoded to fitness, leisure or indoor sports centre.

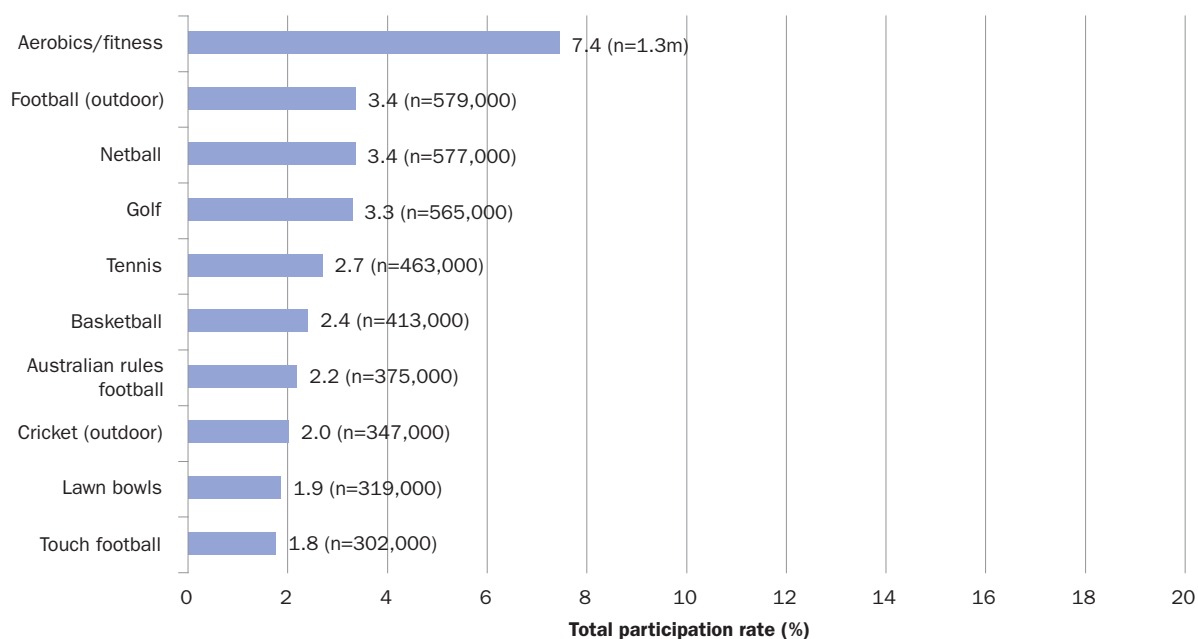
¹⁹ Includes calisthenics, Chinese exercise, exercise bike, gymnasium workouts, military exercise, Prime Movers for Over 50s, Step Reebok, treadmill and other aerobics/exercising/physiotherapy.

8.6 Top ten organised physical activities

Total participation in top ten organised physical activities, 2009

- In 2009, the organised activity with the highest total participation rate was aerobics/fitness (7.4%) (Figure 25 and Table 17). An estimated 1.3 million persons aged 15 years and over participated in this activity in an organised environment at least once in the 12 months prior to interview.
- Other organised activities that attracted high numbers of participants were outdoor football (3.4%), netball (3.4%), golf (3.3%), tennis (2.7%), basketball (2.4%), Australian rules football (2.2%), outdoor cricket (2.0%), lawn bowls (1.9%) and touch football (1.8%).

Figure 25: Top ten organised physical activities, 2009



Base: All persons aged 15 years and over (n=21,031)

Total participation in top ten organised physical activities, 2001–2009

- In terms of the top ten organised activities, outdoor football had the largest increase in total participation between 2001 and 2009 (52% increase) (Box 3). Participation in outdoor football changed little between 2001 and 2007, with only small fluctuations, but increased in the 2007–09 period.
- Participation in Australian rules football also increased between 2001 and 2009 (38% increase). There was a slight but steady increase in participation in Australian rules football between 2001 and 2005, then participation declined in the 2005–07 period, before increasing again in 2008 and 2009.
- Aerobics/fitness also experienced a large increase in participation between 2001 and 2009 (30% increase between 2001 and 2009), although most of this can be attributed to changes in the earlier part of the decade. Organised participation increased steadily between 2001 and 2005, fluctuated in the 2005–07 period, and declined in the 2007–09 period.
- Other organised activities experiencing an increase between 2001 and 2009 included:
 - outdoor cricket (24% increase), which increased between 2001 and 2004, fluctuated in the 2004–08 period, and in 2009 was at a level comparable to 2004
 - lawn bowls (14% increase), which increased between 2001 and 2003, decreased between 2003 and 2007, and then increased again in 2008 before decreasing slightly in 2009.

- Of the top ten organised activities, there was a decline in participation between 2001 and 2009 for:
 - tennis (–16%), which declined in the 2004–07 period but started to increase again in 2008 and 2009
 - golf (–14%), which peaked in 2003 but in 2009 was at a level lower than in 2001
 - touch football (–13%), which declined between 2001 and 2002, fluctuated in the 2002–07 period, increased to an eight-year high in 2008 and declined to a level lower than 2001 in 2009.

Box 3: Total participation in top ten organised physical activities by year

	2001	2002	2003	2004	2005	2006	2007	2008	2009	% change 2001–2009 (a)
	Total participation ('000)									
Aerobics/fitness	982.9	1,095.1	1,309.1	1,393.3	1,502.8	1,282.0	1,610.1	1,327.4	1,279.3	30
Football (outdoor)	381.9	467.9	429.0	447.5	431.1	428.0	418.0	574.1	579.2	52
Netball	533.2	523.6	545.6	509.9	510.3	504.5	438.9	526.6	577.3	8
Golf	655.1	709.5	728.7	678.8	590.8	601.3	513.2	602.2	565.4	–14
Tennis	548.6	541.9	588.9	597.8	547.5	433.7	427.2	448.1	463.4	–16
Basketball	364.2	432.0	367.5	341.1	376.3	370.0	353.4	388.3	413.3	13
Australian rules football	272.5	289.0	319.1	342.1	387.0	336.3	241.5	371.7	375.5	38
Cricket (outdoor)	279.6	327.4	332.4	346.3	317.1	382.7	264.1	344.4	347.0	24
Lawn bowls	280.3	337.1	353.9	343.4	340.9	307.2	229.1	329.4	319.1	14
Touch football	345.8	299.9	273.0	304.6	299.8	305.5	276.3	412.5	302.2	–13

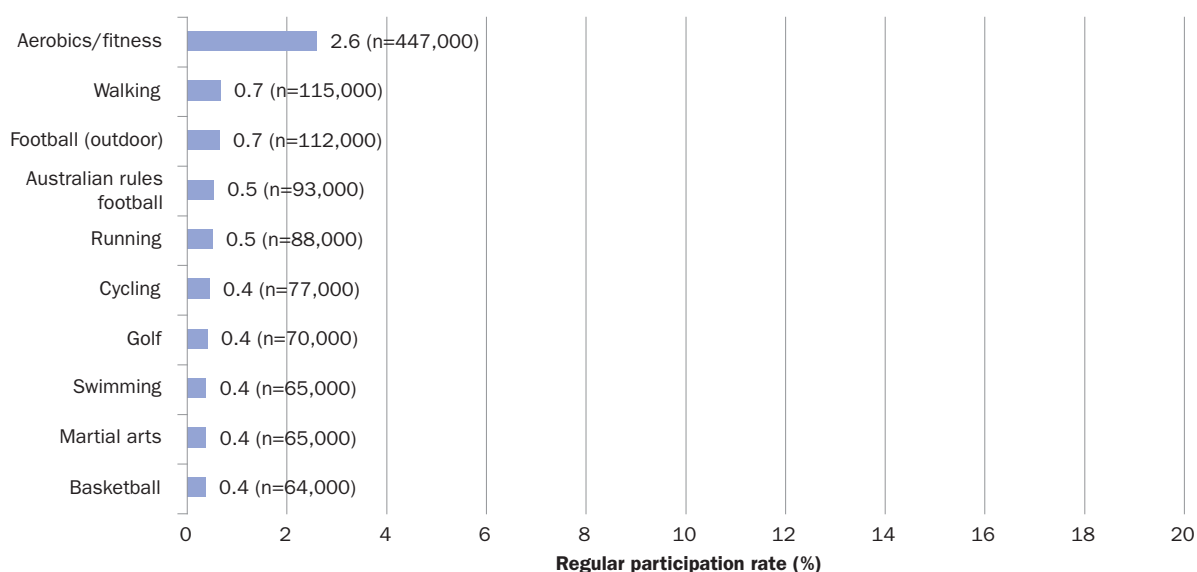
Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

(a) Percentage change in the number of participants between 2001 and 2009. Per cent change over 2001 is calculated as follows: $(n_{2009} - n_{2001}) / n_{2001}$.

Top ten regular organised physical activities, 2009

- In 2009, the organised activity with the highest regular participation rate was aerobics/fitness (2.6%) (Figure 26). An estimated 447,000 persons aged 15 years and over participated in this activity in an organised environment at least three times per week, on average.
- Other organised activities that attracted high numbers of regular participants were walking (0.7%), outdoor football (0.7%), Australian rules football (0.5%) and running (0.5%).

Figure 26: Top ten regular organised physical activities, 2009



Base: All persons aged 15 years and over (n=21,031)

9 Participation in club-based physical activity

Persons participating in organised physical activity were asked what type of club, association or organisation organised the activity. Responses could include a 'fitness, leisure or indoor sports centre that required payment for participation', a 'sport or recreation club or association that required payment of membership, fees or registration', 'work', 'school' or something else. Persons saying they participated in physical activity organised by a 'sport or recreation club or association' are considered club-based physical activity participants and are discussed in this section. Participants in club-based physical activity are a subset of organised participants discussed in Section 7.

See note at start of Section 7.5 'Type of organisation' for more information about how participants were categorised.

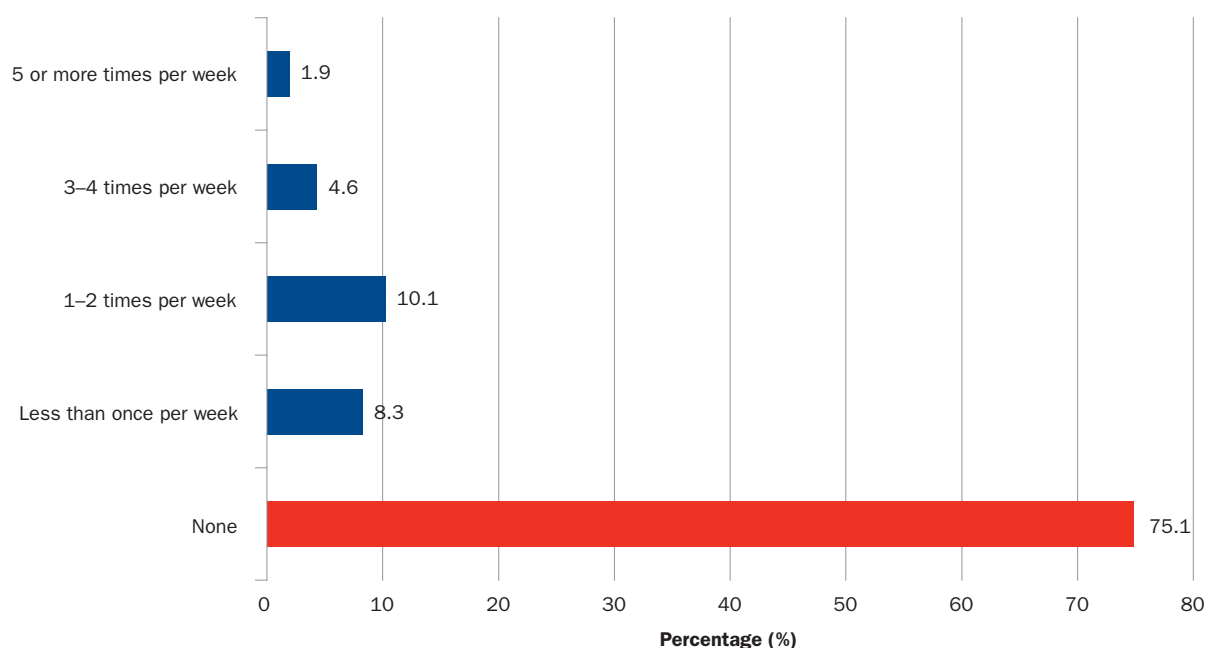
9.1 Frequency of participation in club-based physical activity

During the 12 months prior to interview in 2009:

- An estimated 4.3 million persons aged 15 years and over participated **at least once annually** in physical activity for exercise, recreation or sport that was organised by a sport or recreation club or association,²⁰ a **total participation rate** in club-based physical activity of 24.9% (Table 12).
- An estimated 2.8 million persons aged 15 years and over participated **at least once per week** in physical activity that was organised by a sport or recreation club or association, a **weekly participation rate** in club-based activity of 16.6% (Figure 27).
- An estimated 1.1 million persons aged 15 years and over participated in a club-based physical activity three times a week or more, a **regular participation rate** in club-based activity of 6.4%.
- An estimated 321,000 persons aged 15 years and over participated in a club-based physical activity five times a week or more, a **frequent participation rate** in club-based activity of 1.9%.
- An estimated 12.9 million persons aged 15 years and over did not participate in **any** club-based physical activity in the 12 months prior to interview in 2009, a **non-participation rate** in club-based activity of 75.1%.

²⁰ See 'Glossary' for the definition of club-based physical activities.

Figure 27: Frequency of participation in club-based physical activity, 2009



Base: All persons aged 15 years and over (n=21,031)

Note: Aerobics/fitness participants²¹ who said their activity had been organised by a sport or recreation club or association have been excluded from this analysis.

9.2 Median frequency of participation in club-based physical activity, 2001–2009

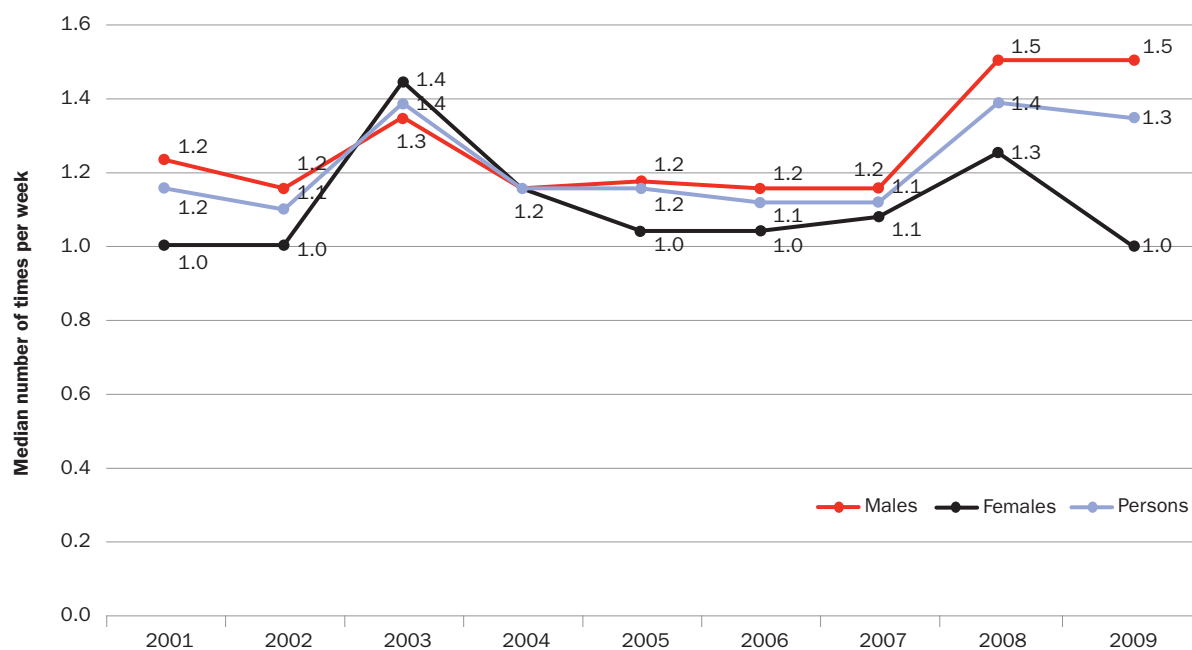
Note that the median data in this section are based only on those people who participated in club-based physical activity.

- The median frequency of participation in club-based physical activity among participants²² was 1.3 times per week in 2009. This is slightly higher than in 2001 when it was 1.2, but lower than a peak in 2003 when it was 1.4 (Figure 28).
- The median frequency of participation in club-based physical activity was generally higher for males than for females over the 2001–09 period (2003 excepted).
- The median frequency of participation among females was 1.0 times per week in 2009, after two peaks in 2003 and 2008.
- Among male participants, median frequency of participation in club-based physical activity was at its highest level ever in 2008 and 2009 (1.5 times per week).

21 Includes calisthenics, Chinese exercise, exercise bike, gymnasium workouts, military exercise, Prime Movers for Over 50s, Step Reebok, treadmill and other aerobics/exercising/physiotherapy.

22 All those not participating in club-based activity (frequency=0) are excluded from this calculation.

Figure 28: All club-based participants — median frequency of participation in club-based physical activity by sex and year



Base: All participants in club-based activity who provided a frequency in 2009 (n=4,710); in 2008 (n=4,048); in 2007 (n=4,003); in 2006 (n=3,415); in 2005 (n=3,627); in 2004 (n=3,877); in 2003 (n=3,721); in 2002 (n=3,574); and in 2001 (n=3,578)

Note: Aerobics/fitness participants²³ who said their activity had been organised by a sport or recreation club or association have been excluded from this analysis. The 2007 ERASS report did not exclude this type of participant from this type of analysis; there will therefore be minor discrepancies between the two reports for this data.

9.3 Regular participation in club-based physical activity, 2001–2009

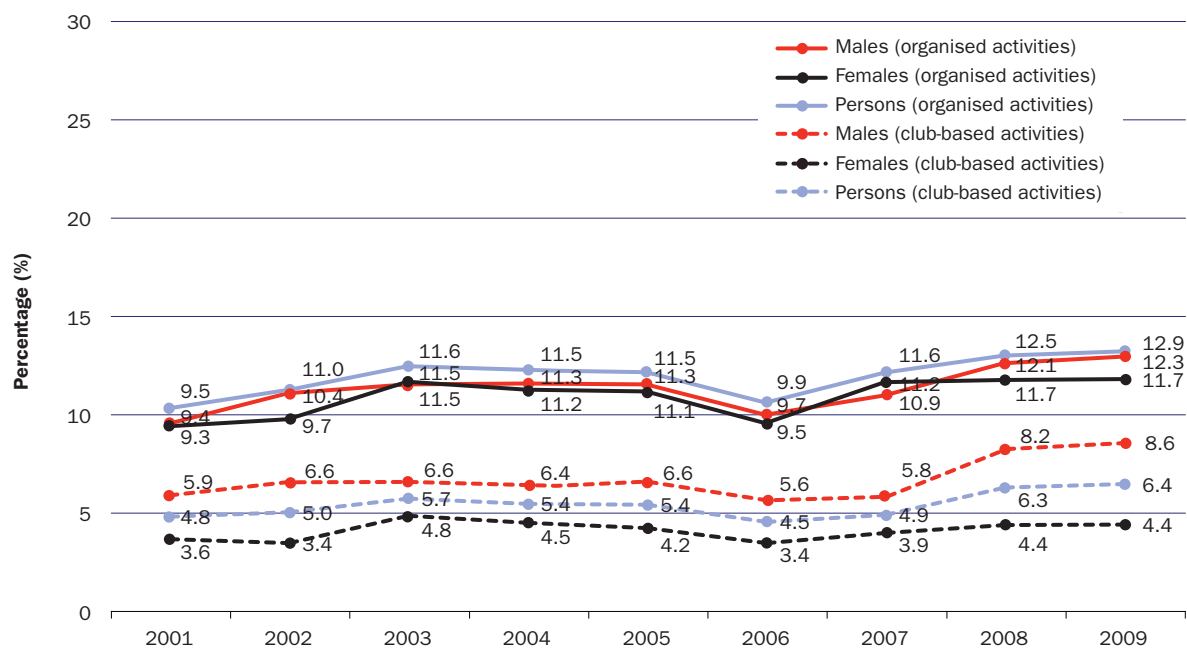
Regular participation in exercise, recreation or sport is defined as participating three times a week or more, on average.²⁴

- In 2009, regular participation in physical activity organised by a sport or recreation club or association was 6.4%.
- In 2009, for males the regular participation rate in club-based physical activity was 8.6% and for females it was 4.4% (Figure 29). This is unlike non-organised physical activity, where the female rate of regular participation exceeds the male rate (see Section 6.3 ‘Regular participation in non-organised physical activity, 2001–2009’).
- Regular club-based participation among females increased slightly between 2001 and 2009, when the regular participation rate was 3.6%, but in 2009 it was lower than a peak in the 2003–04 period.
- The male regular participation rate in club-based activity was at its highest level ever in 2009, and has been increasing steadily since 2007.

²³ Includes calisthenics, Chinese exercise, exercise bike, gymnasium workouts, military exercise, Prime Movers for Over 50s, Step Reebok, treadmill and other aerobics/exercising/physiotherapy.

²⁴ See ‘Glossary’ for information about how ‘per week’ statistics are calculated.

Figure 29: Regular participation rate in club-based physical activity by sex and year



Base: All persons aged 15 years and over in 2009 (n=20,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

Note: Aerobics/fitness participants²⁵ who said their activity had been organised by a sport or recreation club or association have been excluded from this analysis. The 2007 ERASS report did not exclude this type of participant from this type of analysis; there will therefore be minor discrepancies between the two reports for this data.

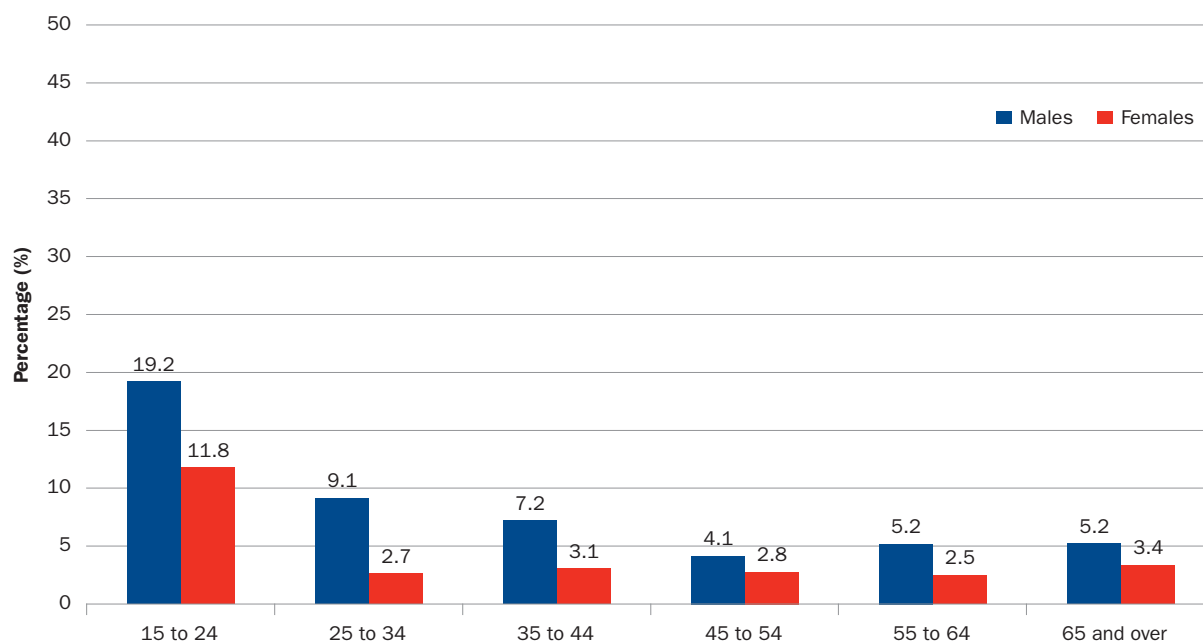
9.4 Regular participation in club-based physical activity by demographics

Age and sex

- While males had a higher regular participation rate than females in club-based physical activity in 2009 (8.6% and 4.4%, respectively), this relationship varied by age (Figure 30).
- The difference between males and females was especially pronounced among those aged 15 to 24 years, where the regular participation rate for males in club-based physical activity was 19.2%, compared to 11.8% for females.
- Regardless of gender, regular participation in club-based physical activity was most common among those aged 15 to 24 years (15.6%).

²⁵ Includes calisthenics, Chinese exercise, exercise bike, gymnasium workouts, military exercise, Prime Movers for Over 50s, Step Reebok, treadmill and other aerobics/exercising/physiotherapy.

Figure 30: Regular participation rate in club-based physical activity by age and sex, 2009



Base: All persons aged 15 years and over (n=21,031)

Note: Aerobics/fitness participants²⁶ who said their activity had been organised by a sport or recreation club or association have been excluded from this analysis.

Labour force status

- Those employed part time (8.3%) and the unemployed (7.7%) had the highest regular participation rate in club-based physical activity in 2009.
- Those who were not in the labour force (including students and retired persons) had the lowest regular participation rate in club-based physical activity (5.2%).

Regional status

- In 2009, there was no difference in the regular participation rates in club-based physical activity between those living in capital cities and those living in other parts of Australia.

Education

- Those who were still at secondary school had the highest regular participation rate in club-based physical activity (22.0%), followed by those who had completed secondary school only (7.1%).

Language status

- There were few differences in regular participation in club-based physical activity among those who speak only English at home, those who speak another European language at home, and those who speak a non-European language at home. The latter had the lowest regular participation rate (5.3%), as with non-organised participation, while those who speak only English at home had the highest rate (6.6%) (see Section 6.4 'Regular participation in non-organised physical activity by demographics').

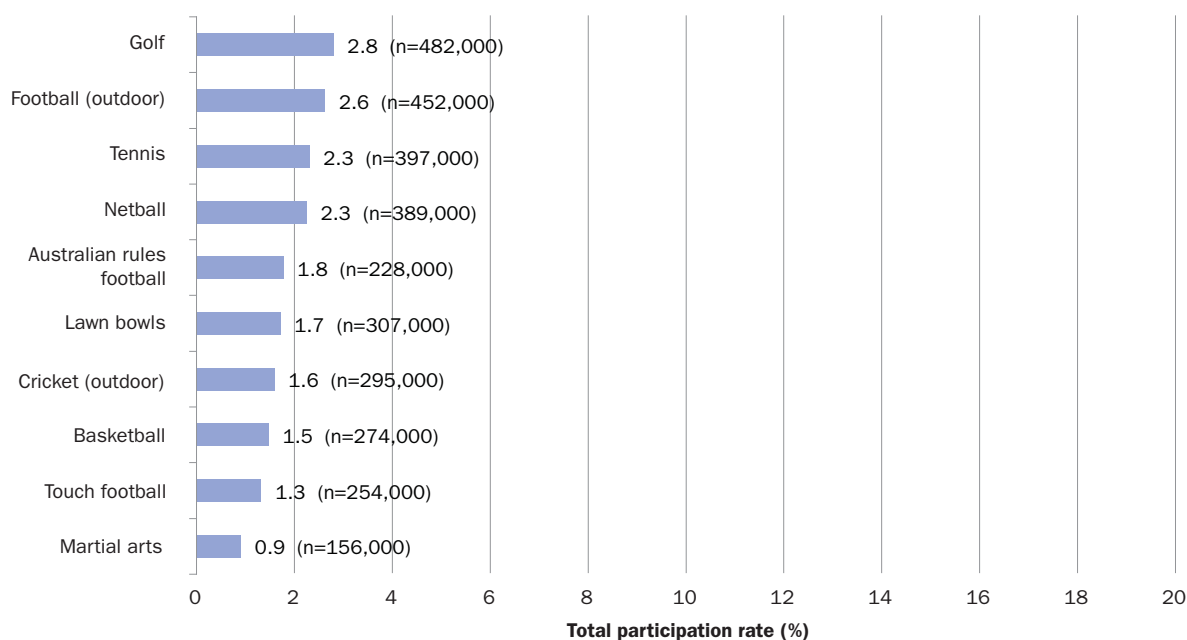
²⁶ Includes calisthenics, Chinese exercise, exercise bike, gymnasium workouts, military exercise, Prime Movers for Over 50s, Step Reebok, treadmill and other aerobics/exercising/physiotherapy.

9.5 Top ten club-based physical activities

Total participation in top ten club-based physical activities, 2009

- In 2009, the club-based activity with the highest total participation rate was golf (2.8%) (Figure 31). An estimated 482,000 persons aged 15 years and over participated in this activity at least once in the 12 months prior to interview.
- Other sports and physical activities that had relatively high numbers of club-based participants were outdoor football (2.6%), tennis (2.3%), netball (2.3%), touch football (1.3%), Australian rules football (1.8%), lawn bowls (1.7%), outdoor cricket (1.6%), basketball (1.5%) and martial arts (0.9%).

Figure 31: Top ten club-based physical activities, 2009



Base: All persons aged 15 years and over (n=21,031)

Total participation in top ten club-based physical activities, 2001–2009

- In terms of the top ten club-based activities, outdoor football and Australian rules football had the largest increases in total participation between 2001 and 2009 (53% and 43%, respectively) (Box 4).
- Outdoor football club-based participation fluctuated between 2001 and 2007, but began to increase in 2007 and continued to do so in the 2007–09 period. Australian rules football club-based participation gradually increased between 2001 and 2005, decreased between 2005 and 2007, and then increased again in the 2007–09 period.
- Other top ten club-based activities to experience increases in total participation since 2001 were:
 - outdoor cricket (26% increase), which increased between 2001 and 2004, fluctuated in the 2004–07 period, increased again in 2008, and then had a slight decline in 2009
 - basketball (24% increase), which declined in the 2002–06 period, but began to increase again from 2007 onwards
 - netball (15% increase), which was steady between 2001 and 2004, declined slightly in the 2004–07 period, then increased from 2007 onwards, with 2009 marking the highest level of participation in the nine-year period
 - lawn bowls (9% increase), which fluctuated over the 2001–07 period, but increased between 2007 and 2009.

- Several top ten club-based activities experienced declines in total participation between 2001 and 2009, including:
 - touch football (–16%), which has fluctuated over the nine-year period but, in 2009, was lower than in 2001
 - golf (–10%), which has also fluctuated over the nine-year period
 - martial arts (–4%), after a high in 2004.

Box 4: Total participation in top ten club-based physical activities by year

	2001	2002	2003	2004	2005	2006	2007	2008	2009	% change 2001–2009 (a)
	Total participation ('000)									
Golf	534.0	600.5	600.5	564.0	503.8	510.4	438.9	530.9	482.3	–10
Football (outdoor)	295.2	336.8	276.1	297.8	310.8	298.7	317.9	397.8	451.9	53
Tennis	393.5	405.8	445.8	449.3	405.8	294.6	314.3	363.9	396.8	1
Netball	336.5	330.3	339.8	347.3	315.4	322.7	292.7	341.5	388.6	15
Australian rules football	214.8	227.0	258.3	258.1	306.4	234.8	202.6	299.1	307.1	43
Lawn bowls	269.8	291.3	329.7	308.6	316.0	272.0	203.9	297.4	294.7	9
Cricket (outdoor)	218.2	254.7	264.3	280.6	248.3	288.3	209.7	279.8	274.4	26
Basketball	205.6	259.2	224.7	216.5	190.7	183.0	216.2	219.8	254.2	24
Touch football	270.8	230.7	180.6	219.6	226.4	245.4	202.0	307.8	228.1	–16
Martial arts	162.8	155.1	159.6	180.8	171.8	162.2	171.1	165.3	156.1	–4

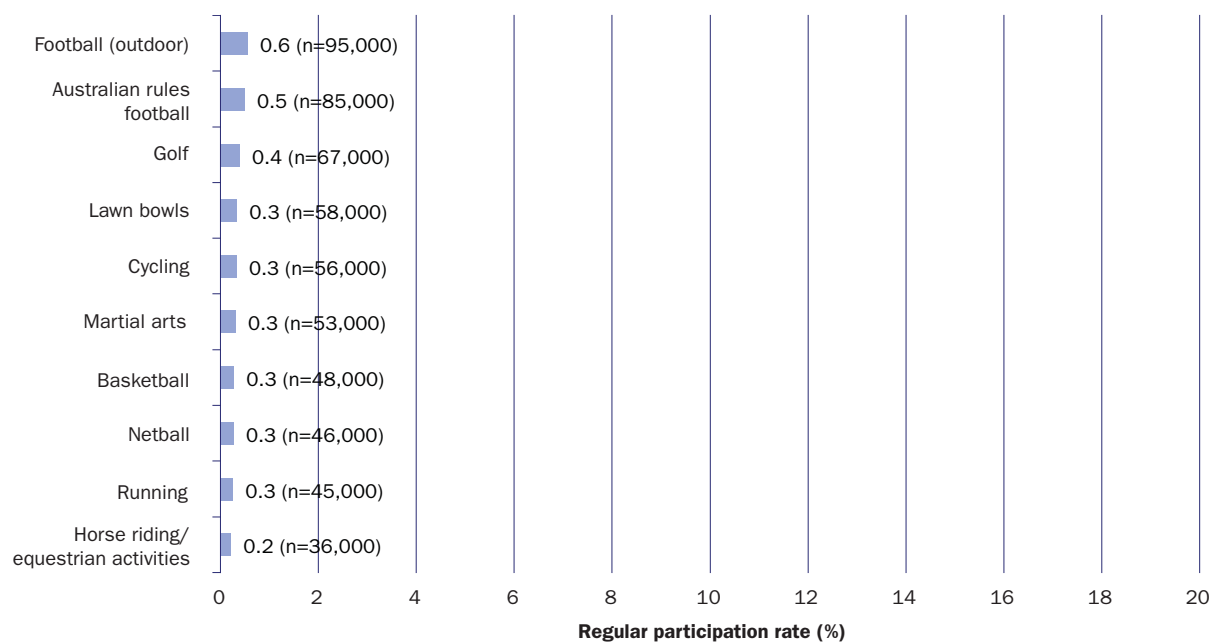
Base: All persons aged 15 years and over in 2009 (n=21,031); in 2008 (n=17,293); in 2007 (n=16,400); in 2006 (n=13,708); in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

(a) Percentage change in the number of participants between 2001 and 2009. Per cent change over 2001 is calculated as follows: $(n_{2009} - n_{2001}) / n_{2001}$.

Top ten regular club-based physical activities, 2009

- In 2009, the club-based activity with the highest regular participation rate was outdoor football (0.6%) (Figure 32). An estimated 95,000 persons aged 15 years and over participated in this activity in a club environment at least three times per week, on average.
- The other club-based activities that attracted high numbers of regular participants were Australian rules football (0.5%), golf (0.4%), lawn bowls (0.3%), cycling (0.3%) and martial arts (0.3%).

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Base: All persons aged 15 years and over (n=21,031)

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Table 1: All participants — total participation in physical activity by type of participation, age and sex, 2009 (a)

Sex	Age group (years)	Organised only (c)	Non-organised only (d)	Both organised and non-organised (e)	Total organised (A + C)	Total non-organised (B + C)	Total participation (A + B + C)
		(A)	(B)	(C)	(A + C)	(B + C)	(A + B + C)
		Number ('000)					
Males	15 to 24	316.6	376.4	672.3	988.9	1,048.7	1,365.3
	25 to 34	202.2	582.4	522.7	724.9	1,105.1	1,307.3
	35 to 44	161.1	697.9	465.5	626.5	1,163.3	1,324.4
	45 to 54	116.6	691.7	404.4	521.0	1,096.2	1,212.8
	55 to 64	88.4	608.4	235.7	324.1	844.1	932.5
	65 and over	154.3	502.1	222.8	377.1	724.9	879.2
	TOTAL		1,039.2	3,459.0	2,523.4	3,562.6	5,982.3
Females	15 to 24	298.3	408.0	540.9	839.2	948.9	1,247.2
	25 to 34	126.4	677.6	439.4	565.7	1,117.0	1,243.4
	35 to 44	122.5	760.0	443.4	565.9	1,203.3	1,325.9
	45 to 54	105.1	763.3	356.5	461.6	1,119.8	1,224.9
	55 to 64	83.2	623.5	290.0	373.2	913.5	996.7
	65 and over	169.8	568.9	306.7	476.5	875.6	1,045.3
	TOTAL		905.2	3,801.2	2,376.9	3,282.2	6,178.2
Persons	15 to 24	614.9	784.4	1,213.3	1,828.1	1,997.6	2,612.5
	25 to 34	328.5	1,260.0	962.1	1,290.7	2,222.1	2,550.7
	35 to 44	283.6	1,457.8	908.8	1,192.4	2,366.6	2,650.2
	45 to 54	221.7	1,455.0	761.0	982.7	2,216.0	2,437.7
	55 to 64	171.6	1,231.9	525.7	697.3	1,757.6	1,929.2
	65 and over	324.1	1,071.0	529.5	853.6	1,600.5	1,924.6
	TOTAL		1,944.5	7,260.2	4,900.3	6,844.8	12,160.5
		Total participation rate (%) (b)					
Males	15 to 24	21.0	25.0	44.7	65.7	69.7	90.7
	25 to 34	13.5	38.9	34.9	48.4	73.8	87.3
	35 to 44	10.5	45.5	30.3	40.8	75.8	86.3
	45 to 54	7.9	47.0	27.5	35.4	74.4	82.3
	55 to 64	7.3	50.0	19.4	26.6	69.3	76.6
	65 and over	12.2	39.5	17.5	29.7	57.1	69.2
	TOTAL		12.2	40.7	29.7	41.9	70.4
Females	15 to 24	20.6	28.2	37.4	58.0	65.6	86.2
	25 to 34	8.5	45.3	29.4	37.8	74.7	83.2
	35 to 44	7.8	48.6	28.4	36.2	77.0	84.8
	45 to 54	7.0	50.6	23.7	30.6	74.3	81.3
	55 to 64	6.7	50.5	23.5	30.2	74.0	80.7
	65 and over	11.7	39.3	21.2	32.9	60.4	72.1
	TOTAL		10.4	43.7	27.3	37.7	71.0
Persons	15 to 24	20.8	26.6	41.1	61.9	67.7	88.5
	25 to 34	11.0	42.1	32.2	43.1	74.3	85.2
	35 to 44	9.2	47.0	29.3	38.5	76.4	85.5
	45 to 54	7.4	48.8	25.5	33.0	74.4	81.8
	55 to 64	7.0	50.2	21.4	28.4	71.7	78.7
	65 and over	11.9	39.4	19.5	31.4	58.9	70.8
	TOTAL		11.3	42.2	28.5	39.8	70.7

(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 2009

(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

(c) Participants' activities are fully organised

(d) Participants' activities are fully non-organised

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

Table 2: All participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number	Total participation rate (b)	Number	Total participation rate	Number	Total participation rate
	('000)	(%)	('000)	(%)	('000)	(%)
AGE GROUP (YEARS)						
15 to 24	1,365.3	90.7	1,247.2	86.2	2,612.5	88.5
25 to 34	1,307.3	87.3	1,243.4	83.2	2,550.7	85.2
35 to 44	1,324.4	86.3	1,325.9	84.8	2,650.2	85.5
45 to 54	1,212.8	82.3	1,224.9	81.3	2,437.7	81.8
55 to 64	932.5	76.6	996.7	80.7	1,929.2	78.7
65 and over	879.2	69.2	1,045.3	72.1	1,924.6	70.8
REGION						
Capital city	4,555.9	83.8	4,601.2	82.0	9,157.1	82.9
Rest of state	2,465.6	80.6	2,482.2	80.5	4,947.8	80.6
EMPLOYMENT STATUS						
Employed full time	4,128.6	85.1	2,090.3	83.7	6,218.9	84.6
Employed part time	993.1	86.7	2,357.9	87.0	3,351.0	86.9
Employed refused	49.4	67.9	51.1	75.5	100.4	71.6
Total employed	5,171.1	85.2	4,499.3	85.2	9,670.4	85.2
Unemployed	434.7	87.8	320.0	78.3	754.6	83.5
Not in the labour force	1,415.7	73.2	2,264.1	75.2	3,679.9	74.4
MARITAL STATUS						
Married	4,135.1	82.5	3,970.5	81.9	8,105.7	82.2
Not married	2,860.7	82.9	3,075.0	81.1	5,935.7	82.0
Refused/Do not know	*25.7	*68.1	37.9	69.5	63.6	69.0
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	2,109.6	86.4	2,280.2	81.4	4,389.8	83.7
At least one under 18 — none at home	197.3	77.7	31.9	66.6	229.2	75.9
No children under 18	4,712.5	81.2	4,768.2	81.6	9,480.7	81.4
Refused	**2.2	**100.0	**3.1	**100.0	**5.3	**100.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	2,014.5	90.3	1,935.7	87.7	3,950.2	89.0
Undergraduate diploma or associate diploma	488.7	88.5	593.6	86.3	1,082.4	87.3
Certificate, trade qualification or apprenticeship	1,161.5	83.1	865.4	83.6	2,026.9	83.3
Highest level of secondary school	1,463.9	82.5	1,563.7	82.0	3,027.6	82.2
Did not complete highest level of school	1,387.8	72.5	1,606.6	72.0	2,994.4	72.2
Never went to school	**1.8	**24.6	**2.9	**53.2	**4.7	**36.8
Still at secondary school	341.0	92.7	332.5	92.1	673.6	92.4
Other	138.9	67.7	161.8	71.9	300.7	69.9
Refused	*23.4	*49.9	*21.1	*53.4	44.5	51.5
INDIGENOUS STATUS						
Indigenous	129.6	79.8	111.6	74.8	241.3	77.4
Non-Indigenous	6,879.4	82.8	6,967.3	81.6	13,846.6	82.2
Refused	*12.5	*54.8	**4.5	**49.4	*17.0	*53.2
LANGUAGE SPOKEN AT HOME						
English only	5,970.4	83.0	6,242.4	82.9	12,212.9	82.9
European language/s other than English	336.0	80.7	297.4	80.1	633.4	80.4
Non-European language/s	754.5	80.6	571.0	69.1	1,325.5	75.2
Total	7,021.5	82.6	7,083.4	81.4	14,104.9	82.0

(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 2009

(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 3: All persons — participation in any physical activity for exercise, recreation and sport by frequency, age and sex, 2009 (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	139.6	194.5	370.2	312.7	487.9	**0.0	1,504.9
	25 to 34	190.2	291.1	382.1	273.0	356.3	**4.8	1,497.5
	35 to 44	210.8	299.4	352.6	304.4	366.9	**1.1	1,535.2
	45 to 54	260.0	227.3	355.9	250.2	378.5	**0.9	1,472.8
	55 to 64	284.9	160.8	232.4	215.2	323.4	**0.7	1,217.4
	65 and over	390.6	117.5	213.8	201.7	335.2	*10.9	1,269.8
	TOTAL	1,476.1	1,290.7	1,907.1	1,557.2	2,248.3	*18.3	8,497.7
Females	15 to 24	200.1	168.9	369.9	278.0	428.9	**1.4	1,447.3
	25 to 34	251.4	177.2	347.0	340.4	378.6	**0.2	1,494.8
	35 to 44	237.7	158.3	345.9	377.0	438.5	**6.2	1,563.6
	45 to 54	282.5	143.4	282.2	346.1	449.2	**4.0	1,507.5
	55 to 64	237.8	79.0	228.3	249.5	436.1	**3.7	1,234.5
	65 and over	404.0	92.3	273.6	231.9	443.2	**4.4	1,449.3
	TOTAL	1,613.6	819.1	1,846.9	1,823.0	2,574.5	*19.9	8,697.0
Persons	15 to 24	339.7	363.4	740.2	590.7	916.8	**1.4	2,952.2
	25 to 34	441.7	468.3	729.1	613.4	734.9	**5.0	2,992.4
	35 to 44	448.6	457.7	698.5	681.4	805.4	**7.2	3,098.8
	45 to 54	542.5	370.7	638.1	596.3	827.7	**4.9	2,980.3
	55 to 64	522.7	239.8	460.8	464.7	759.5	**4.4	2,451.9
	65 and over	794.6	209.8	487.4	433.7	778.4	*15.3	2,719.2
	TOTAL	3,089.7	2,109.7	3,754.0	3,380.2	4,822.8	38.2	17,194.7
Percentage of row (%)								
Males	15 to 24	9.3	12.9	24.6	20.8	32.4	**0.0	100.0
	25 to 34	12.7	19.4	25.5	18.2	23.8	**0.3	100.0
	35 to 44	13.7	19.5	23.0	19.8	23.9	**0.1	100.0
	45 to 54	17.7	15.4	24.2	17.0	25.7	**0.1	100.0
	55 to 64	23.4	13.2	19.1	17.7	26.6	**0.1	100.0
	65 and over	30.8	9.3	16.8	15.9	26.4	*0.9	100.0
	TOTAL	17.4	15.2	22.4	18.3	26.5	*0.2	100.0
Females	15 to 24	13.8	11.7	25.6	19.2	29.6	**0.1	100.0
	25 to 34	16.8	11.9	23.2	22.8	25.3	**0.0	100.0
	35 to 44	15.2	10.1	22.1	24.1	28.0	**0.4	100.0
	45 to 54	18.7	9.5	18.7	23.0	29.8	**0.3	100.0
	55 to 64	19.3	6.4	18.5	20.2	35.3	**0.3	100.0
	65 and over	27.9	6.4	18.9	16.0	30.6	**0.3	100.0
	TOTAL	18.6	9.4	21.2	21.0	29.6	*0.2	100.0
Persons	15 to 24	11.5	12.3	25.1	20.0	31.1	**0.0	100.0
	25 to 34	14.8	15.7	24.4	20.5	24.6	**0.2	100.0
	35 to 44	14.5	14.8	22.5	22.0	26.0	**0.2	100.0
	45 to 54	18.2	12.4	21.4	20.0	27.8	**0.2	100.0
	55 to 64	21.3	9.8	18.8	19.0	31.0	**0.2	100.0
	65 and over	29.2	7.7	17.9	15.9	28.6	*0.6	100.0
	TOTAL	18.0	12.3	21.8	19.7	28.0	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 4: All participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	194.5	1,170.8	1,015.3	800.6	1,365.3
	25 to 34	291.1	1,011.4	794.3	629.3	1,307.3
	35 to 44	299.4	1,023.9	821.8	671.3	1,324.4
	45 to 54	227.3	984.6	802.2	628.7	1,212.8
	55 to 64	160.8	771.1	666.9	538.6	932.5
	65 and over	117.5	750.8	648.1	537.0	879.2
	TOTAL	1,290.7	5,712.6	4,748.6	3,805.5	7,021.5
Females	15 to 24	168.9	1,076.9	876.5	707.0	1,247.2
	25 to 34	177.2	1,066.0	893.9	719.0	1,243.4
	35 to 44	158.3	1,161.4	993.0	815.5	1,325.9
	45 to 54	143.4	1,077.5	945.9	795.3	1,224.9
	55 to 64	79.0	913.9	802.6	685.6	996.7
	65 and over	92.3	948.7	834.9	675.1	1,045.3
	TOTAL	819.1	6,244.4	5,346.7	4,397.5	7,083.4
Persons	15 to 24	363.4	2,247.7	1,891.9	1,507.6	2,612.5
	25 to 34	468.3	2,077.4	1,688.2	1,348.3	2,550.7
	35 to 44	457.7	2,185.3	1,814.8	1,486.8	2,650.2
	45 to 54	370.7	2,062.1	1,748.1	1,424.0	2,437.7
	55 to 64	239.8	1,685.0	1,469.4	1,224.2	1,929.2
	65 and over	209.8	1,699.5	1,483.0	1,212.1	1,924.6
	TOTAL	2,109.7	11,957.0	10,095.3	8,203.0	14,104.9

Total participation rate (%) (c)

Males	15 to 24	12.9	77.8	67.5	53.2	90.7
	25 to 34	19.4	67.5	53.0	42.0	87.3
	35 to 44	19.5	66.7	53.5	43.7	86.3
	45 to 54	15.4	66.9	54.5	42.7	82.3
	55 to 64	13.2	63.3	54.8	44.2	76.6
	65 and over	9.3	59.1	51.0	42.3	69.2
	TOTAL	15.2	67.2	55.9	44.8	82.6
Females	15 to 24	11.7	74.4	60.6	48.8	86.2
	25 to 34	11.9	71.3	59.8	48.1	83.2
	35 to 44	10.1	74.3	63.5	52.2	84.8
	45 to 54	9.5	71.5	62.7	52.8	81.3
	55 to 64	6.4	74.0	65.0	55.5	80.7
	65 and over	6.4	65.5	57.6	46.6	72.1
	TOTAL	9.4	71.8	61.5	50.6	81.4
Persons	15 to 24	12.3	76.1	64.1	51.1	88.5
	25 to 34	15.7	69.4	56.4	45.1	85.2
	35 to 44	14.8	70.5	58.6	48.0	85.5
	45 to 54	12.4	69.2	58.7	47.8	81.8
	55 to 64	9.8	68.7	59.9	49.9	78.7
	65 and over	7.7	62.5	54.5	44.6	70.8
	TOTAL	12.3	69.5	58.7	47.7	82.0

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 10.1 million persons engaged in physical activity at least twice per week, which is a combination of the number of those who engaged twice, three times, four times and five times per week or more)

(c) 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

10.1.2 Recent participation in any physical activity

Table 5: All recent participants — recent participation in any physical activity by duration and age, 2009 (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	668.1	428.6	459.6	486.2	475.3	490.1	3,007.8
	Two or three sessions weekly	118.4	94.8	72.3	65.0	76.0	119.3	545.8
	Less than two sessions weekly	*14.2	*27.4	*19.4	37.7	*19.8	*27.0	145.4
	<i>Total</i>	<i>800.8</i>	<i>550.7</i>	<i>551.2</i>	<i>588.8</i>	<i>571.1</i>	<i>636.4</i>	<i>3,699.0</i>
Two hours or more but less than five hours	More than three sessions weekly	271.6	390.7	436.6	455.3	376.8	333.4	2,264.5
	Two or three sessions weekly	434.6	270.0	321.1	253.5	183.0	160.5	1,622.7
	Less than two sessions weekly	126.5	128.3	99.8	115.6	79.2	98.2	647.5
	<i>Total</i>	<i>832.7</i>	<i>789.1</i>	<i>857.5</i>	<i>824.4</i>	<i>639.0</i>	<i>592.1</i>	<i>4,534.8</i>
Less than two hours	More than three sessions weekly	*27.4	32.6	54.3	60.4	41.0	65.4	281.2
	Two or three sessions weekly	128.4	216.7	249.6	188.9	151.4	137.2	1,072.2
	Less than two sessions weekly	485.4	489.2	489.3	406.0	269.9	215.5	2,355.4
	<i>Total</i>	<i>641.3</i>	<i>738.5</i>	<i>793.2</i>	<i>655.3</i>	<i>462.3</i>	<i>418.1</i>	<i>3,708.8</i>
Total	More than three sessions weekly	967.2	851.9	950.5	1,001.9	893.2	888.9	5,553.5
	Two or three sessions weekly	681.4	581.5	643.0	507.3	410.3	417.1	3,240.7
	Less than two sessions weekly	626.2	644.9	608.5	559.3	368.8	340.7	3,148.4
	Total	2,274.8	2,078.3	2,201.9	2,068.5	1,672.3	1,646.7	11,942.6
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	5.6	3.6	3.8	4.1	4.0	4.1	25.2
	Two or three sessions weekly	1.0	0.8	0.6	0.5	0.6	1.0	4.6
	Less than two sessions weekly	*0.1	*0.2	*0.2	0.3	*0.2	*0.2	1.2
	<i>Total</i>	<i>6.7</i>	<i>4.6</i>	<i>4.6</i>	<i>4.9</i>	<i>4.8</i>	<i>5.3</i>	<i>31.0</i>
Two hours or more but less than five hours	More than three sessions weekly	2.3	3.3	3.7	3.8	3.2	2.8	19.0
	Two or three sessions weekly	3.6	2.3	2.7	2.1	1.5	1.3	13.6
	Less than two sessions weekly	1.1	1.1	0.8	1.0	0.7	0.8	5.4
	<i>Total</i>	<i>7.0</i>	<i>6.6</i>	<i>7.2</i>	<i>6.9</i>	<i>5.4</i>	<i>5.0</i>	<i>38.0</i>
Less than two hours	More than three sessions weekly	*0.2	0.3	0.5	0.5	0.3	0.5	2.4
	Two or three sessions weekly	1.1	1.8	2.1	1.6	1.3	1.1	9.0
	Less than two sessions weekly	4.1	4.1	4.1	3.4	2.3	1.8	19.7
	<i>Total</i>	<i>5.4</i>	<i>6.2</i>	<i>6.6</i>	<i>5.5</i>	<i>3.9</i>	<i>3.5</i>	<i>31.1</i>
Total	More than three sessions weekly	8.1	7.1	8.0	8.4	7.5	7.4	46.5
	Two or three sessions weekly	5.7	4.9	5.4	4.2	3.4	3.5	27.1
	Less than two sessions weekly	5.2	5.4	5.1	4.7	3.1	2.9	26.4
	Total	19.0	17.4	18.4	17.3	14.0	13.8	100.0

(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 2009

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

Table 6: All male recent participants — recent participation in any physical activity by duration and age, 2009 (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	409.5	240.4	241.3	238.1	237.0	231.4	1,597.7
	Two or three sessions weekly	86.7	79.8	57.3	43.9	55.0	71.9	394.6
	Less than two sessions weekly	*10.4	*22.8	*16.8	34.2	*16.4	*22.9	123.6
	<i>Total</i>	506.6	343.0	315.5	316.2	308.4	326.3	2,115.9
Two hours or more but less than five hours	More than three sessions weekly	108.9	133.5	176.2	198.8	144.4	127.7	889.6
	Two or three sessions weekly	226.9	140.4	139.4	145.7	93.7	65.5	811.5
	Less than two sessions weekly	65.3	111.5	77.2	89.4	54.7	52.4	450.6
	<i>Total</i>	401.2	385.5	392.8	433.8	292.8	245.6	2,151.7
Less than two hours	More than three sessions weekly	**7.0	*13.8	29.6	30.5	*16.4	28.9	126.2
	Two or three sessions weekly	63.7	84.2	91.9	71.3	60.8	42.3	414.2
	Less than two sessions weekly	225.1	235.7	239.3	180.4	127.1	96.7	1,104.3
	<i>Total</i>	295.8	333.6	360.8	282.2	204.4	167.9	1,644.7
Total	More than three sessions weekly	525.4	387.7	447.1	467.4	397.9	388.0	2,613.5
	Two or three sessions weekly	377.3	304.5	288.6	260.8	209.5	179.7	1,620.3
	Less than two sessions weekly	300.9	369.9	333.4	304.0	198.2	172.0	1,678.5
	Total	1,203.5	1,062.1	1,069.1	1,032.2	805.6	739.7	5,912.3
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	6.9	4.1	4.1	4.0	4.0	3.9	27.0
	Two or three sessions weekly	1.5	1.3	1.0	0.7	0.9	1.2	6.7
	Less than two sessions weekly	*0.2	*0.4	*0.3	0.6	*0.3	*0.4	2.1
	<i>Total</i>	8.6	5.8	5.3	5.3	5.2	5.5	35.8
Two hours or more but less than five hours	More than three sessions weekly	1.8	2.3	3.0	3.4	2.4	2.2	15.0
	Two or three sessions weekly	3.8	2.4	2.4	2.5	1.6	1.1	13.7
	Less than two sessions weekly	1.1	1.9	1.3	1.5	0.9	0.9	7.6
	<i>Total</i>	6.8	6.5	6.6	7.3	5.0	4.2	36.4
Less than two hours	More than three sessions weekly	**0.1	*0.2	0.5	0.5	*0.3	0.5	2.1
	Two or three sessions weekly	1.1	1.4	1.6	1.2	1.0	0.7	7.0
	Less than two sessions weekly	3.8	4.0	4.0	3.1	2.2	1.6	18.7
	<i>Total</i>	5.0	5.6	6.1	4.8	3.5	2.8	27.8
Total	More than three sessions weekly	8.9	6.6	7.6	7.9	6.7	6.6	44.2
	Two or three sessions weekly	6.4	5.1	4.9	4.4	3.5	3.0	27.4
	Less than two sessions weekly	5.1	6.3	5.6	5.1	3.4	2.9	28.4
	Total	20.4	18.0	18.1	17.5	13.6	12.5	100.0

(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 2009

* 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 7: All female recent participants — recent participation in any physical activity by duration and age, 2009 (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	258.7	188.1	218.2	248.1	238.3	258.7	1,410.1
	Two or three sessions weekly	31.7	*15.0	*15.0	*21.1	*21.0	47.4	151.2
	Less than two sessions weekly	**3.8	**4.6	**2.5	**3.4	**3.4	**4.1	*21.8
	<i>Total</i>	294.2	207.7	235.7	272.6	262.7	310.2	1,583.1
Two hours or more but less than five hours	More than three sessions weekly	162.7	257.2	260.4	256.6	232.4	205.7	1,375.0
	Two or three sessions weekly	207.6	129.6	181.8	107.8	89.3	95.1	811.2
	Less than two sessions weekly	61.2	*16.8	*22.5	*26.2	*24.4	45.8	196.9
	<i>Total</i>	431.5	403.6	464.7	390.6	346.1	346.6	2,383.1
Less than two hours	More than three sessions weekly	*20.5	*18.9	*24.7	29.9	*24.6	36.5	155.0
	Two or three sessions weekly	64.8	132.5	157.6	117.6	90.6	94.9	658.0
	Less than two sessions weekly	260.3	253.5	250.0	225.7	142.8	118.8	1,251.2
	<i>Total</i>	345.6	404.9	432.4	373.1	257.9	250.2	2,064.2
Total	More than three sessions weekly	441.8	464.2	503.4	534.5	495.3	500.9	2,940.0
	Two or three sessions weekly	304.2	277.0	354.4	246.5	200.9	237.4	1,620.4
	Less than two sessions weekly	325.3	274.9	275.1	255.3	170.6	168.7	1,469.9
	Total	1,071.3	1,016.2	1,132.9	1,036.3	866.8	907.0	6,030.3
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	4.3	3.1	3.6	4.1	4.0	4.3	23.4
	Two or three sessions weekly	0.5	*0.2	*0.2	*0.3	*0.3	0.8	2.5
	Less than two sessions weekly	**0.1	**0.1	**0.0	**0.1	**0.1	**0.1	*0.4
	<i>Total</i>	4.9	3.4	3.9	4.5	4.4	5.1	26.3
Two hours or more but less than five hours	More than three sessions weekly	2.7	4.3	4.3	4.3	3.9	3.4	22.8
	Two or three sessions weekly	3.4	2.1	3.0	1.8	1.5	1.6	13.5
	Less than two sessions weekly	1.0	*0.3	*0.4	*0.4	*0.4	0.8	3.3
	<i>Total</i>	7.2	6.7	7.7	6.5	5.7	5.7	39.5
Less than two hours	More than three sessions weekly	*0.3	*0.3	*0.4	0.5	*0.4	0.6	2.6
	Two or three sessions weekly	1.1	2.2	2.6	2.0	1.5	1.6	10.9
	Less than two sessions weekly	4.3	4.2	4.1	3.7	2.4	2.0	20.7
	<i>Total</i>	5.7	6.7	7.2	6.2	4.3	4.1	34.2
Total	More than three sessions weekly	7.3	7.7	8.3	8.9	8.2	8.3	48.8
	Two or three sessions weekly	5.0	4.6	5.9	4.1	3.3	3.9	26.9
	Less than two sessions weekly	5.4	4.6	4.6	4.2	2.8	2.8	24.4
	Total	17.8	16.9	18.8	17.2	14.4	15.0	100.0

(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 2009

* 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 8: All recent participants — recent participation in physical activity by type and duration, 2009 (a)

		Total organised	Total non-organised	Total
		Number ('000)		
Five hours or more	More than three sessions weekly	1,586.5	2,704.7	3,007.8
	Two or three sessions weekly	398.2	303.6	545.8
	Less than two sessions weekly	96.4	84.3	145.4
	<i>Total</i>	<i>2,081.1</i>	<i>3,092.6</i>	<i>3,699.0</i>
Two hours or more but less than five hours	More than three sessions weekly	665.0	2,156.3	2,264.5
	Two or three sessions weekly	801.3	1,235.9	1,622.7
	Less than two sessions weekly	379.9	401.2	647.5
	<i>Total</i>	<i>1,846.1</i>	<i>3,793.4</i>	<i>4,534.8</i>
Less than two hours	More than three sessions weekly	*25.6	274.9	281.2
	Two or three sessions weekly	188.9	1,013.1	1,072.2
	Less than two sessions weekly	672.3	1,811.3	2,354.3
	<i>Total</i>	<i>886.9</i>	<i>3,099.4</i>	<i>3,707.7</i>
Total	More than three sessions weekly	2,277.1	5,135.9	5,553.5
	Two or three sessions weekly	1,388.5	2,552.6	3,240.7
	Less than two sessions weekly	1,148.6	2,298.0	3,148.4
	Total	4,814.1	9,986.5	11,942.6
		Percentage of total (%)		
Five hours or more	More than three sessions weekly	13.3	22.6	25.2
	Two or three sessions weekly	3.3	2.5	4.6
	Less than two sessions weekly	0.8	0.7	1.2
	<i>Total</i>	<i>17.4</i>	<i>25.9</i>	<i>31.0</i>
Two hours or more but less than five hours	More than three sessions weekly	5.6	18.1	19.0
	Two or three sessions weekly	6.7	10.3	13.6
	Less than two sessions weekly	3.2	3.4	5.4
	<i>Total</i>	<i>15.5</i>	<i>31.8</i>	<i>38.0</i>
Less than two hours	More than three sessions weekly	*0.2	2.3	2.4
	Two or three sessions weekly	1.6	8.5	9.0
	Less than two sessions weekly	5.6	15.2	19.7
	<i>Total</i>	<i>7.4</i>	<i>26.0</i>	<i>31.0</i>
Total	More than three sessions weekly	19.1	43.0	46.5
	Two or three sessions weekly	11.6	21.4	27.1
	Less than two sessions weekly	9.6	19.2	26.4
	Total	40.3	83.6	100.0

(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 2009

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

10.1.3 Regular participation in any physical activity

Table 9: All regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number ('000)	Regular participation rate (b) (%)	Number ('000)	Regular participation rate (%)	Number ('000)	Regular participation rate (%)
AGE GROUP (YEARS)						
15 to 24	800.6	53.2	707.0	48.8	1,507.6	51.1
25 to 34	629.3	42.0	719.0	48.1	1,348.3	45.1
35 to 44	671.3	43.7	815.5	52.2	1,486.8	48.0
45 to 54	628.7	42.7	795.3	52.8	1,424.0	47.8
55 to 64	538.6	44.2	685.6	55.5	1,224.2	49.9
65 and over	537.0	42.3	675.1	46.6	1,212.1	44.6
REGION						
Capital city	2,551.1	46.9	2,875.5	51.2	5,426.7	49.1
Rest of state	1,254.3	41.0	1,522.0	49.4	2,776.3	45.2
EMPLOYMENT STATUS						
Employed full time	2,096.5	43.2	1,320.8	52.9	3,417.3	46.5
Employed part time	595.9	52.0	1,478.9	54.5	2,074.8	53.8
Employed refused	*23.9	*32.9	29.1	43.0	53.0	37.8
Total employed	2,716.3	44.8	2,828.8	53.6	5,545.1	48.9
Unemployed	220.9	44.6	178.9	43.8	399.7	44.2
Not in the labour force	868.3	44.9	1,389.9	46.2	2,258.2	45.7
MARITAL STATUS						
Married	2,138.2	42.7	2,520.9	52.0	4,659.1	47.3
Not married	1,653.4	47.9	1,852.8	48.9	3,506.3	48.4
Refused/Do not know	*13.8	*36.6	*23.8	*43.7	37.6	40.8
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	969.6	39.7	1,355.6	48.4	2,325.2	44.4
At least one under 18 — none at home	103.9	40.9	*17.3	*36.0	121.1	40.1
No children under 18	2,731.0	47.1	3,023.5	51.7	5,754.5	49.4
Refused	**0.9	**42.9	**1.2	**39.1	**2.2	**40.7
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	1,143.6	51.3	1,266.5	57.4	2,410.0	54.3
Undergraduate diploma or associate diploma	279.1	50.5	365.9	53.2	645.0	52.0
Certificate, trade qualification or apprenticeship	569.1	40.7	529.0	51.1	1,098.1	45.1
Highest level of secondary school	795.0	44.8	933.5	49.0	1,728.5	47.0
Did not complete highest level of school	719.9	37.6	1,017.8	45.6	1,737.7	41.9
Never went to school	**1.8	**24.6	**2.5	**45.1	**4.3	**33.3
Still at secondary school	211.2	57.4	177.6	49.2	388.8	53.3
Other	74.2	36.2	96.6	43.0	170.8	39.7
Refused	*11.7	*25.0	*8.2	*20.8	*19.9	*23.0
INDIGENOUS STATUS						
Indigenous	73.8	45.4	70.6	47.3	144.4	46.3
Non-Indigenous	3,726.5	44.8	4,323.3	50.6	8,049.8	47.8
Refused	**5.2	**22.5	**3.7	**40.3	*8.8	*27.6
LANGUAGE SPOKEN AT HOME						
English only	3,218.4	44.7	3,902.3	51.8	7,120.7	48.4
European language/s other than English	195.7	47.0	205.2	55.2	400.9	50.9
Non-European language/s	415.8	44.4	312.7	37.8	728.5	41.3
Total	3,805.5	44.8	4,397.5	50.6	8,203.0	47.7

(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 2009

(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

10.1.4 Total participation in organised physical activity

Table 10: All persons — participation in organised physical activity by frequency, age and sex, 2009 (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	516.0	253.6	319.0	238.4	177.9	**0.0	1,504.9
	25 to 34	772.6	265.3	252.0	117.3	85.5	**4.8	1,497.5
	35 to 44	908.7	254.3	203.3	105.4	63.5	**0.0	1,535.2
	45 to 54	951.7	195.4	205.0	82.1	38.5	**0.0	1,472.8
	55 to 64	893.3	94.9	139.6	67.2	*22.1	**0.2	1,217.4
	65 and over	892.7	94.4	185.6	74.0	*22.6	**0.6	1,269.8
	TOTAL	4,935.1	1,157.9	1,304.5	684.4	410.1	**5.6	8,497.7
Females	15 to 24	608.1	194.8	292.2	221.9	129.0	**1.4	1,447.3
	25 to 34	929.1	215.1	197.8	113.1	39.8	**0.0	1,494.8
	35 to 44	997.7	190.2	218.6	105.9	51.2	**0.0	1,563.6
	45 to 54	1,045.8	141.3	172.3	93.9	53.6	**0.5	1,507.5
	55 to 64	861.3	104.5	167.8	66.5	33.9	**0.5	1,234.5
	65 and over	972.8	119.3	245.3	78.5	32.4	**0.9	1,449.3
	TOTAL	5,414.8	965.2	1,294.0	679.7	339.9	**3.3	8,697.0
Persons	15 to 24	1,124.1	448.5	611.2	460.3	306.8	**1.4	2,952.2
	25 to 34	1,701.7	480.4	449.8	230.4	125.3	**4.8	2,992.4
	35 to 44	1,906.4	444.5	421.9	211.3	114.8	**0.0	3,098.8
	45 to 54	1,997.6	336.7	377.4	175.9	92.1	**0.5	2,980.3
	55 to 64	1,754.6	199.3	307.5	133.7	56.1	**0.7	2,451.9
	65 and over	1,865.6	213.7	430.9	152.5	55.0	**1.5	2,719.2
	TOTAL	10,349.9	2,123.1	2,598.6	1,364.1	750.1	*8.9	17,194.7
Percentage of row (%)								
Males	15 to 24	34.3	16.9	21.2	15.8	11.8	**0.0	100.0
	25 to 34	51.6	17.7	16.8	7.8	5.7	**0.3	100.0
	35 to 44	59.2	16.6	13.2	6.9	4.1	**0.0	100.0
	45 to 54	64.6	13.3	13.9	5.6	2.6	**0.0	100.0
	55 to 64	73.4	7.8	11.5	5.5	*1.8	**0.0	100.0
	65 and over	70.3	7.4	14.6	5.8	*1.8	**0.0	100.0
	TOTAL	58.1	13.6	15.4	8.1	4.8	**0.1	100.0
Females	15 to 24	42.0	13.5	20.2	15.3	8.9	**0.1	100.0
	25 to 34	62.2	14.4	13.2	7.6	2.7	**0.0	100.0
	35 to 44	63.8	12.2	14.0	6.8	3.3	**0.0	100.0
	45 to 54	69.4	9.4	11.4	6.2	3.6	**0.0	100.0
	55 to 64	69.8	8.5	13.6	5.4	2.7	**0.0	100.0
	65 and over	67.1	8.2	16.9	5.4	2.2	**0.1	100.0
	TOTAL	62.3	11.1	14.9	7.8	3.9	**0.0	100.0
Persons	15 to 24	38.1	15.2	20.7	15.6	10.4	**0.0	100.0
	25 to 34	56.9	16.1	15.0	7.7	4.2	**0.2	100.0
	35 to 44	61.5	14.3	13.6	6.8	3.7	**0.0	100.0
	45 to 54	67.0	11.3	12.7	5.9	3.1	**0.0	100.0
	55 to 64	71.6	8.1	12.5	5.5	2.3	**0.0	100.0
	65 and over	68.6	7.9	15.8	5.6	2.0	**0.1	100.0
	TOTAL	60.2	12.3	15.1	7.9	4.4	*0.1	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 11: Organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	253.6	735.3	557.3	416.3	988.9
	25 to 34	265.3	454.8	286.5	202.8	724.9
	35 to 44	254.3	372.2	254.4	168.9	626.5
	45 to 54	195.4	325.6	188.5	120.6	521.0
	55 to 64	94.9	229.0	161.0	89.4	324.1
	65 and over	94.4	282.2	178.9	96.6	377.1
	TOTAL		1,157.9	2,399.1	1,626.5	1,094.6
Females	15 to 24	194.8	643.0	484.4	350.8	839.2
	25 to 34	215.1	350.7	231.5	152.9	565.7
	35 to 44	190.2	375.7	240.7	157.1	565.9
	45 to 54	141.3	319.8	214.2	147.5	461.6
	55 to 64	104.5	268.2	177.4	100.4	373.2
	65 and over	119.3	356.2	222.8	110.9	476.5
	TOTAL		965.2	2,313.6	1,571.0	1,019.6
Persons	15 to 24	448.5	1,378.3	1,041.7	767.1	1,828.1
	25 to 34	480.4	805.5	518.0	355.7	1,290.7
	35 to 44	444.5	747.9	495.1	326.0	1,192.4
	45 to 54	336.7	645.4	402.7	268.0	982.7
	55 to 64	199.3	497.3	338.3	189.8	697.3
	65 and over	213.7	638.4	401.7	207.5	853.6
	TOTAL		2,123.1	4,712.7	3,197.5	2,114.1
Total participation rate (%) (c)						
Males	15 to 24	16.9	48.9	37.0	27.7	65.7
	25 to 34	17.7	30.4	19.1	13.5	48.4
	35 to 44	16.6	24.2	16.6	11.0	40.8
	45 to 54	13.3	22.1	12.8	8.2	35.4
	55 to 64	7.8	18.8	13.2	7.3	26.6
	65 and over	7.4	22.2	14.1	7.6	29.7
	TOTAL		13.6	28.2	19.1	12.9
Females	15 to 24	13.5	44.4	33.5	24.2	58.0
	25 to 34	14.4	23.5	15.5	10.2	37.8
	35 to 44	12.2	24.0	15.4	10.0	36.2
	45 to 54	9.4	21.2	14.2	9.8	30.6
	55 to 64	8.5	21.7	14.4	8.1	30.2
	65 and over	8.2	24.6	15.4	7.7	32.9
	TOTAL		11.1	26.6	18.1	11.7
Persons	15 to 24	15.2	46.7	35.3	26.0	61.9
	25 to 34	16.1	26.9	17.3	11.9	43.1
	35 to 44	14.3	24.1	16.0	10.5	38.5
	45 to 54	11.3	21.7	13.5	9.0	33.0
	55 to 64	8.1	20.3	13.8	7.7	28.4
	65 and over	7.9	23.5	14.8	7.6	31.4
	TOTAL		12.3	27.4	18.6	12.3

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 3.2 million persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 12: Organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (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	333.6	682.1	34.2	305.7	132.3	988.9
	25 to 34	261.7	523.0	52.5	**3.5	98.3	724.9
	35 to 44	181.3	467.3	47.2	*12.8	111.2	626.5
	45 to 54	114.5	375.2	*24.2	*8.6	105.2	521.0
	55 to 64	70.1	243.0	*11.3	**3.6	64.0	324.1
	65 and over	55.2	284.6	**1.0	**0.7	80.9	377.1
	TOTAL		1,016.4	2,575.3	170.4	334.9	592.0
Females	15 to 24	398.5	519.9	*18.8	272.6	111.7	839.2
	25 to 34	331.3	274.6	48.0	*15.0	99.8	565.7
	35 to 44	313.1	271.7	*21.0	*11.3	139.9	565.9
	45 to 54	231.1	235.4	27.9	*7.9	98.9	461.6
	55 to 64	156.3	161.8	**5.9	**3.0	120.8	373.2
	65 and over	160.4	239.8	**0.5	**2.7	166.7	476.5
	TOTAL		1,590.7	1,703.3	122.1	312.6	737.9
Persons	15 to 24	732.2	1,202.1	53.0	578.3	244.0	1,828.1
	25 to 34	593.0	797.6	100.5	*18.4	198.1	1,290.7
	35 to 44	494.4	739.0	68.2	*24.1	251.2	1,192.4
	45 to 54	345.7	610.6	52.1	*16.5	204.2	982.7
	55 to 64	226.3	404.8	*17.2	**6.6	184.8	697.3
	65 and over	215.6	524.5	**1.5	**3.4	247.7	853.6
	TOTAL		2,607.1	4,278.6	292.5	647.5	1,329.9

Total participation rate (%) (b)

Males	15 to 24	22.2	45.3	2.3	20.3	8.8	65.7
	25 to 34	17.5	34.9	3.5	**0.2	6.6	48.4
	35 to 44	11.8	30.4	3.1	*0.8	7.2	40.8
	45 to 54	7.8	25.5	*1.6	*0.6	7.1	35.4
	55 to 64	5.8	20.0	*0.9	**0.3	5.3	26.6
	65 and over	4.3	22.4	**0.1	**0.1	6.4	29.7
	TOTAL		12.0	30.3	2.0	3.9	7.0
Females	15 to 24	27.5	35.9	*1.3	18.8	7.7	58.0
	25 to 34	22.2	18.4	3.2	*1.0	6.7	37.8
	35 to 44	20.0	17.4	*1.3	*0.7	9.0	36.2
	45 to 54	15.3	15.6	1.9	*0.5	6.6	30.6
	55 to 64	12.7	13.1	**0.5	**0.2	9.8	30.2
	65 and over	11.1	16.5	**0.0	**0.2	11.5	32.9
	TOTAL		18.3	19.6	1.4	3.6	8.5
Persons	15 to 24	24.8	40.7	1.8	19.6	8.3	61.9
	25 to 34	19.8	26.7	3.4	*0.6	6.6	43.1
	35 to 44	16.0	23.8	2.2	*0.8	8.1	38.5
	45 to 54	11.6	20.5	1.7	*0.6	6.9	33.0
	55 to 64	9.2	16.5	*0.7	**0.3	7.5	28.4
	65 and over	7.9	19.3	**0.1	**0.1	9.1	31.4
	TOTAL		15.2	24.9	1.7	3.8	7.7

(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 2009

(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

10.1.5 Total participation in specific activities

Table 13: All participants — total participation in specific activities by type of activity, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	1,279.3	2,855.2	3,932.4	7.4	16.6	22.9
Aquarobics	113.4	62.4	173.2	0.7	0.4	1.0
Athletics/track and field	106.6	41.9	133.7	0.6	0.2	0.8
Australian rules football	375.5	133.2	486.9	2.2	0.8	2.8
Badminton	41.9	78.9	116.9	0.2	0.5	0.7
Baseball	36.0	*11.5	46.7	0.2	*0.1	0.3
Basketball	413.3	310.5	675.2	2.4	1.8	3.9
Billiards/snooker/pool	**3.3	*14.8	*15.7	**0.0	*0.1	*0.1
Boxing	53.3	85.2	128.4	0.3	0.5	0.7
Canoeing/kayaking	45.7	183.4	214.0	0.3	1.1	1.2
Carpet bowls	37.7	**4.8	40.8	0.2	**0.0	0.2
Cricket (indoor)	74.3	68.1	130.1	0.4	0.4	0.8
Cricket (outdoor)	347.0	234.3	545.7	2.0	1.4	3.2
Cycling	224.3	1,809.9	1,901.3	1.3	10.5	11.1
Dancing	291.3	138.9	392.9	1.7	0.8	2.3
Darts	*12.2	*10.1	*21.2	*0.1	*0.1	*0.1
Fishing	34.9	367.4	375.2	0.2	2.1	2.2
Football (indoor)	246.4	168.8	372.8	1.4	1.0	2.2
Football (outdoor)	579.2	357.6	879.8	3.4	2.1	5.1
Golf	565.4	703.8	1,103.1	3.3	4.1	6.4
Gymnastics	*16.6	*21.4	37.0	*0.1	*0.1	0.2
Hockey (indoor)	*13.2	**7.2	*19.4	*0.1	**0.0	*0.1
Hockey (outdoor)	141.4	*21.3	156.7	0.8	*0.1	0.9
Horse riding/equestrian activities/polocrosse	86.7	126.1	170.4	0.5	0.7	1.0
Ice/snow sports	34.9	194.9	219.7	0.2	1.1	1.3
Lawn bowls	319.1	58.6	347.9	1.9	0.3	2.0
Martial arts	245.0	90.6	309.4	1.4	0.5	1.8
Motor sports	93.4	144.6	204.7	0.5	0.8	1.2
Netball	577.3	164.2	686.8	3.4	1.0	4.0
Orienteering	63.3	61.8	118.7	0.4	0.4	0.7
Rock climbing	37.1	76.3	105.7	0.2	0.4	0.6
Roller sports	*10.8	86.9	95.6	*0.1	0.5	0.6
Rowing	44.5	39.5	76.5	0.3	0.2	0.4
Rugby league	178.2	96.9	258.2	1.0	0.6	1.5
Rugby union	129.6	*12.5	139.0	0.8	*0.1	0.8
Running	256.6	1,771.4	1,893.7	1.5	10.3	11.0
Sailing	71.1	50.1	104.2	0.4	0.3	0.6
Scuba diving	28.9	62.6	83.3	0.2	0.4	0.5
Shooting sports	52.1	50.9	87.7	0.3	0.3	0.5
Softball	60.2	*11.2	64.3	0.3	*0.1	0.4
Squash/racquetball	69.4	204.9	254.9	0.4	1.2	1.5
Surf sports	66.7	417.2	437.9	0.4	2.4	2.5
Swimming	292.3	2,219.8	2,419.1	1.7	12.9	14.1
Table tennis	34.0	59.3	91.0	0.2	0.3	0.5
Tennis	463.4	714.0	1,093.3	2.7	4.2	6.4
Tenpin bowling	58.1	74.6	127.4	0.3	0.4	0.7
Touch football	302.2	108.4	384.6	1.8	0.6	2.2
Triathlon	73.0	**5.9	74.3	0.4	**0.0	0.4
Volleyball	146.0	86.7	220.3	0.8	0.5	1.3
Walking (bush)	104.5	803.0	862.9	0.6	4.7	5.0
Walking (other)	263.6	6,110.2	6,215.5	1.5	35.5	36.1
Water polo	30.5	**2.6	32.7	0.2	**0.0	0.2
Waterskiing/powerboating	*9.1	142.2	148.6	*0.1	0.8	0.9
Weight training	117.4	402.7	492.1	0.7	2.3	2.9
Yoga	259.8	253.0	488.4	1.5	1.5	2.8

(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 2009

(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 14: All participants — total participation in specific activities (organised and non-organised) by sex, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
Aerobics/fitness	1,475.3	17.4	2,457.1	28.3	3,932.4	22.9
Aquarobics	*13.1	*0.2	160.1	1.8	173.2	1.0
Athletics/track and field	67.7	0.8	66.0	0.8	133.7	0.8
Australian rules football	440.1	5.2	46.8	0.5	486.9	2.8
Badminton	61.7	0.7	55.2	0.6	116.9	0.7
Baseball	35.1	0.4	*11.6	*0.1	46.7	0.3
Basketball	399.2	4.7	275.9	3.2	675.2	3.9
Billiards/snooker/pool	*10.7	*0.1	**5.1	**0.1	*15.7	*0.1
Boxing	63.5	0.7	64.8	0.7	128.4	0.7
Canoeing/kayaking	125.1	1.5	88.9	1.0	214.0	1.2
Carpet bowls	*10.8	*0.1	29.9	0.3	40.8	0.2
Cricket (indoor)	119.5	1.4	*10.5	*0.1	130.1	0.8
Cricket (outdoor)	483.6	5.7	62.0	0.7	545.7	3.2
Cycling	1,268.1	14.9	633.2	7.3	1,901.3	11.1
Dancing	48.9	0.6	344.0	4.0	392.9	2.3
Darts	*17.6	*0.2	**3.6	**0.0	*21.2	*0.1
Fishing	338.1	4.0	37.0	0.4	375.2	2.2
Football (indoor)	299.6	3.5	73.2	0.8	372.8	2.2
Football (outdoor)	657.1	7.7	222.7	2.6	879.8	5.1
Golf	895.2	10.5	207.9	2.4	1,103.1	6.4
Gymnastics	*13.9	*0.2	*23.1	*0.3	37.0	0.2
Hockey (indoor)	*10.6	*0.1	*8.8	*0.1	*19.4	*0.1
Hockey (outdoor)	60.8	0.7	95.9	1.1	156.7	0.9
Horse riding/equestrian activities/polocrosse	49.1	0.6	121.3	1.4	170.4	1.0
Ice/snow sports	124.1	1.5	95.6	1.1	219.7	1.3
Lawn bowls	201.3	2.4	146.6	1.7	347.9	2.0
Martial arts	157.5	1.9	151.8	1.7	309.4	1.8
Motor sports	179.9	2.1	*24.8	*0.3	204.7	1.2
Netball	75.7	0.9	611.1	7.0	686.8	4.0
Orienteering	59.0	0.7	59.7	0.7	118.7	0.7
Rock climbing	77.3	0.9	28.4	0.3	105.7	0.6
Roller sports	69.2	0.8	*26.3	*0.3	95.6	0.6
Rowing	49.3	0.6	*27.2	*0.3	76.5	0.4
Rugby league	245.9	2.9	*12.3	*0.1	258.2	1.5
Rugby union	132.6	1.6	**6.4	**0.1	139.0	0.8
Running	1,162.7	13.7	731.0	8.4	1,893.7	11.0
Sailing	78.5	0.9	*25.7	*0.3	104.2	0.6
Scuba diving	61.5	0.7	*21.8	*0.3	83.3	0.5
Shooting sports	79.2	0.9	*8.4	*0.1	87.7	0.5
Softball	*11.8	*0.1	52.4	0.6	64.3	0.4
Squash/racquetball	201.3	2.4	53.6	0.6	254.9	1.5
Surf sports	365.0	4.3	73.0	0.8	437.9	2.5
Swimming	1,107.9	13.0	1,311.2	15.1	2,419.1	14.1
Table tennis	69.8	0.8	*21.2	*0.2	91.0	0.5
Tennis	588.4	6.9	504.9	5.8	1,093.3	6.4
Tenpin bowling	55.8	0.7	71.5	0.8	127.4	0.7
Touch football	255.6	3.0	129.0	1.5	384.6	2.2
Triathlon	44.8	0.5	29.4	0.3	74.3	0.4
Volleyball	112.4	1.3	107.8	1.2	220.3	1.3
Walking (bush)	449.0	5.3	413.8	4.8	862.9	5.0
Walking (other)	2,214.1	26.1	4,001.5	46.0	6,215.5	36.1
Water polo	*13.0	*0.2	*19.7	*0.2	32.7	0.2
Waterskiing/powerboating	97.4	1.1	51.2	0.6	148.6	0.9
Weight training	286.8	3.4	205.3	2.4	492.1	2.9
Yoga	46.0	0.5	442.4	5.1	488.4	2.8

(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 2009

(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 15: All participants — total participation in specific activities (organised and non-organised) by age, 2009 (a)

Activity	Number ('000)						Total
	15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	
Aerobics/fitness	741.8	874.7	830.6	630.0	462.1	393.3	3,932.4
Aquarobics	*8.5	*14.6	*14.2	*21.9	49.1	64.9	173.2
Athletics/track and field	110.9	**5.7	**3.3	*9.0	**3.8	**1.0	133.7
Australian rules football	259.9	121.5	70.7	*27.9	**6.3	**0.7	486.9
Badminton	47.6	40.5	*15.3	*8.5	**3.4	**1.7	116.9
Baseball	**6.4	*8.7	*14.5	*14.0	**3.1	**0.0	46.7
Basketball	425.5	145.5	65.5	33.0	**5.0	**0.8	675.2
Billiards/snooker/pool	**0.7	**1.9	**3.8	**1.4	**0.1	*7.8	*15.7
Boxing	41.6	34.4	*24.9	*18.7	*7.9	**0.8	128.4
Canoeing/kayaking	34.5	36.5	52.6	52.1	*26.9	*11.4	214.0
Carpet bowls	**0.9	**0.0	**2.3	**0.0	**4.5	33.1	40.8
Cricket (indoor)	41.3	50.4	30.7	**6.7	**0.8	**0.2	130.1
Cricket (outdoor)	225.2	133.8	106.5	56.3	*12.5	*11.5	545.7
Cycling	238.5	365.8	562.3	405.8	220.8	108.1	1,901.3
Dancing	163.1	36.1	48.5	37.0	46.6	61.7	392.9
Darts	**0.8	**2.2	**4.2	**6.7	**1.5	**5.7	*21.2
Fishing	*19.3	46.8	75.9	102.7	75.1	55.3	375.2
Football (indoor)	206.1	125.8	*22.0	*18.1	**0.8	**0.0	372.8
Football (outdoor)	469.6	197.7	138.7	61.9	*11.0	**0.8	879.8
Golf	67.0	135.6	194.8	221.9	247.9	236.0	1,103.1
Gymnastics	*16.3	**1.6	**6.2	**4.2	**3.0	**5.8	37.0
Hockey (indoor)	*14.1	**2.5	**2.5	**0.2	**0.0	**0.0	*19.4
Hockey (outdoor)	80.3	*21.8	*26.2	*21.8	**3.5	**3.1	156.7
Horse riding/equestrian activities/polocrosse	43.5	*18.4	53.1	38.6	*13.2	**3.6	170.4
Ice/snow sports	54.0	55.5	37.6	43.7	*19.1	*9.7	219.7
Lawn bowls	**3.7	*12.9	**7.3	44.5	74.5	204.9	347.9
Martial arts	87.2	51.9	64.0	30.4	34.2	41.5	309.4
Motor sports	39.5	61.9	55.8	*26.0	*16.9	**4.6	204.7
Netball	344.8	177.3	109.7	53.5	**1.1	**0.5	686.8
Orienteering	51.5	*26.9	*19.0	*15.9	**5.1	**0.4	118.7
Rock climbing	34.8	*23.5	*27.3	*14.5	**5.0	**0.5	105.7
Roller sports	41.0	30.7	*18.2	**4.0	**0.0	**1.7	95.6
Rowing	*19.7	*16.1	*9.3	*16.5	**7.0	*7.9	76.5
Rugby league	175.2	49.0	*23.3	*10.3	**0.3	**0.0	258.2
Rugby union	84.2	30.3	*13.0	**7.0	**2.7	**1.7	139.0
Running	542.9	485.4	490.8	262.8	79.4	32.3	1,893.7
Sailing	*14.0	*13.2	*14.7	30.5	*24.1	*7.8	104.2
Scuba diving	*8.3	28.2	*14.4	*18.9	*13.0	**0.5	83.3
Shooting sports	*14.4	*15.4	*21.4	*10.9	*14.6	*11.0	87.7
Softball	*26.3	**6.1	*18.8	*9.5	**3.1	**0.5	64.3
Squash/racquetball	30.9	71.7	81.0	58.6	*12.1	**0.6	254.9
Surf sports	127.8	105.6	78.0	92.7	*25.3	*8.5	437.9
Swimming	472.9	475.1	524.7	441.9	305.8	198.5	2,419.1
Table tennis	*27.5	*11.1	*13.6	*13.1	*9.7	*16.0	91.0
Tennis	264.2	187.7	229.7	204.9	100.4	106.4	1,093.3
Tenpin bowling	*14.7	*18.9	*20.0	28.7	*26.0	*19.0	127.4
Touch football	169.2	124.0	68.2	*17.5	**5.7	**0.0	384.6
Triathlon	*8.1	33.5	*26.0	**6.4	**0.2	**0.0	74.3
Volleyball	102.4	65.0	36.2	*14.6	**0.6	**1.4	220.3
Walking (bush)	42.0	146.2	184.0	195.6	176.4	118.6	862.9
Walking (other)	408.9	807.9	1,135.3	1,350.8	1,275.6	1,236.9	6,215.5
Water polo	*22.6	**3.7	**5.3	**0.9	**0.0	**0.2	32.7
Waterskiing/powerboating	*22.3	44.9	39.9	30.7	**6.9	**4.0	148.6
Weight training	83.6	135.4	106.2	77.8	45.0	44.1	492.1
Yoga	52.6	106.1	89.3	114.8	80.1	45.7	488.4

continued over

(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 2009

* 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 15 continued: All participants — total participation in specific activities (organised and non-organised) by age, 2009

Activity	Total participation rate (%) (b)						Total
	15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	
Aerobics/fitness	25.1	29.2	26.8	21.1	18.8	14.5	22.9
Aquarobics	*0.3	*0.5	*0.5	*0.7	2.0	2.4	1.0
Athletics/track and field	3.8	**0.2	**0.1	*0.3	**0.2	**0.0	0.8
Australian rules football	8.8	4.1	2.3	*0.9	**0.3	**0.0	2.8
Badminton	1.6	1.4	*0.5	*0.3	**0.1	**0.1	0.7
Baseball	**0.2	*0.3	*0.5	*0.5	**0.1	**0.0	0.3
Basketball	14.4	4.9	2.1	1.1	**0.2	**0.0	3.9
Billiards/snooker/pool	**0.0	**0.1	**0.1	**0.0	**0.0	*0.3	*0.1
Boxing	1.4	1.1	*0.8	*0.6	*0.3	**0.0	0.7
Canoeing/kayaking	1.2	1.2	1.7	1.7	*1.1	*0.4	1.2
Carpet bowls	**0.0	**0.0	**0.1	**0.0	**0.2	1.2	0.2
Cricket (indoor)	1.4	1.7	1.0	**0.2	**0.0	**0.0	0.8
Cricket (outdoor)	7.6	4.5	3.4	1.9	*0.5	*0.4	3.2
Cycling	8.1	12.2	18.1	13.6	9.0	4.0	11.1
Dancing	5.5	1.2	1.6	1.2	1.9	2.3	2.3
Darts	**0.0	**0.1	**0.1	**0.2	**0.1	**0.2	*0.1
Fishing	*0.7	1.6	2.5	3.4	3.1	2.0	2.2
Football (indoor)	7.0	4.2	*0.7	*0.6	**0.0	**0.0	2.2
Football (outdoor)	15.9	6.6	4.5	2.1	*0.4	**0.0	5.1
Golf	2.3	4.5	6.3	7.4	10.1	8.7	6.4
Gymnastics	*0.6	**0.1	**0.2	**0.1	**0.1	**0.2	0.2
Hockey (indoor)	*0.5	**0.1	**0.1	**0.0	**0.0	**0.0	*0.1
Hockey (outdoor)	2.7	*0.7	*0.8	*0.7	**0.1	**0.1	0.9
Horse riding/equestrian activities/polocrosse	1.5	*0.6	1.7	1.3	*0.5	**0.1	1.0
Ice/snow sports	1.8	1.9	1.2	1.5	*0.8	*0.4	1.3
Lawn bowls	**0.1	*0.4	**0.2	1.5	3.0	7.5	2.0
Martial arts	3.0	1.7	2.1	1.0	1.4	1.5	1.8
Motor sports	1.3	2.1	1.8	*0.9	*0.7	**0.2	1.2
Netball	11.7	5.9	3.5	1.8	**0.0	**0.0	4.0
Orienteering	1.7	*0.9	*0.6	*0.5	**0.2	**0.0	0.7
Rock climbing	1.2	*0.8	*0.9	*0.5	**0.2	**0.0	0.6
Roller sports	1.4	1.0	*0.6	**0.1	**0.0	**0.1	0.6
Rowing	*0.7	*0.5	*0.3	*0.6	**0.3	*0.3	0.4
Rugby league	5.9	1.6	*0.8	*0.3	**0.0	**0.0	1.5
Rugby union	2.9	1.0	*0.4	**0.2	**0.1	**0.1	0.8
Running	18.4	16.2	15.8	8.8	3.2	1.2	11.0
Sailing	*0.5	*0.4	*0.5	1.0	*1.0	*0.3	0.6
Scuba diving	*0.3	0.9	*0.5	*0.6	*0.5	**0.0	0.5
Shooting sports	*0.5	*0.5	*0.7	*0.4	*0.6	*0.4	0.5
Softball	*0.9	**0.2	*0.6	*0.3	**0.1	**0.0	0.4
Squash/racquetball	1.0	2.4	2.6	2.0	*0.5	**0.0	1.5
Surf sports	4.3	3.5	2.5	3.1	*1.0	*0.3	2.5
Swimming	16.0	15.9	16.9	14.8	12.5	7.3	14.1
Table tennis	*0.9	*0.4	*0.4	*0.4	*0.4	*0.6	0.5
Tennis	8.9	6.3	7.4	6.9	4.1	3.9	6.4
Tenpin bowling	*0.5	*0.6	*0.6	1.0	*1.1	*0.7	0.7
Touch football	5.7	4.1	2.2	*0.6	**0.2	**0.0	2.2
Triathlon	*0.3	1.1	*0.8	**0.2	**0.0	**0.0	0.4
Volleyball	3.5	2.2	1.2	*0.5	**0.0	**0.1	1.3
Walking (bush)	1.4	4.9	5.9	6.6	7.2	4.4	5.0
Walking (other)	13.9	27.0	36.6	45.3	52.0	45.5	36.1
Water polo	*0.8	**0.1	**0.2	**0.0	**0.0	**0.0	0.2
Waterskiing/powerboating	*0.8	1.5	1.3	1.0	**0.3	**0.1	0.9
Weight training	2.8	4.5	3.4	2.6	1.8	1.6	2.9
Yoga	1.8	3.5	2.9	3.9	3.3	1.7	2.8

(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 16: All participants — participation in specific activities (organised and non-organised) by frequency, 2009 (a)

Activity	Number ('000)						Total
	1-6 times per year	7-12 times per year	13-26 times per year	27-52 times per year	53-104 times per year	More than 104 times per year	
Aerobics/fitness	183.4	186.9	228.4	639.2	885.4	1,798.9	3,922.3
Aquarobics	*16.0	*10.9	*22.3	63.2	41.0	*19.9	173.2
Athletics/track and field	36.9	**6.6	*14.1	37.4	*15.2	*23.5	133.7
Australian rules football	72.9	55.5	40.7	82.9	124.9	109.6	486.5
Badminton	*16.9	*15.5	*18.3	47.8	*13.7	**4.3	116.5
Baseball	**6.7	*7.8	**6.1	*11.1	*12.6	**2.4	46.7
Basketball	82.2	67.4	107.2	222.9	115.1	79.8	674.6
Billiards/snooker/pool	**0.1	**0.9	**3.8	**4.3	**0.0	**6.6	*15.7
Boxing	*9.5	*14.2	*17.5	30.0	*19.0	38.2	128.4
Canoeing/kayaking	90.3	37.3	33.4	30.5	*7.9	*13.6	213.0
Carpet bowls	**3.0	**0.3	**6.8	*14.4	*9.2	**7.1	40.8
Cricket (indoor)	*18.7	*20.4	*21.1	49.0	**6.9	*11.3	127.4
Cricket (outdoor)	85.6	82.7	121.7	145.6	57.6	46.5	539.7
Cycling	179.8	203.7	281.2	442.9	298.0	489.4	1,895.1
Dancing	28.8	*18.7	*21.9	157.2	87.1	78.4	392.1
Darts	**0.0	**0.2	**0.7	*12.9	**6.3	**1.1	*21.2
Fishing	67.3	106.1	97.9	70.3	*15.2	*16.7	373.5
Football (indoor)	47.4	66.2	75.5	138.2	32.6	*12.8	372.8
Football (outdoor)	107.2	101.7	149.3	178.4	205.7	133.9	876.2
Golf	251.0	176.7	128.2	265.4	179.3	102.5	1,103.1
Gymnastics	**2.1	**2.5	**6.8	**5.3	**3.1	*17.1	37.0
Hockey (indoor)	**2.0	**3.9	**4.0	**4.1	**5.4	**0.0	*19.4
Hockey (outdoor)	*7.4	*16.1	*19.9	45.5	37.5	30.2	156.7
Horse riding/equestrian activities/polocrosse	*20.4	*16.1	*18.2	34.7	*19.2	61.8	170.4
Ice/snow sports	95.3	56.8	29.7	*9.5	*20.2	**7.2	218.6
Lawn bowls	53.2	*11.2	*23.6	78.9	105.7	72.6	345.2
Martial arts	*13.3	*16.8	*27.0	89.7	67.6	94.1	308.5
Motor sports	39.3	42.7	51.0	45.4	**7.1	*16.6	202.1
Netball	72.5	58.8	79.5	259.9	136.4	78.8	685.9
Orienteering	33.3	*9.2	*14.1	*26.3	*12.8	*22.3	118.0
Rock climbing	36.8	*13.2	*15.0	37.6	**0.3	**2.8	105.7
Roller sports	*13.9	*11.4	*15.3	*18.5	*12.5	*24.1	95.6
Rowing	*9.7	*7.7	*12.2	*9.5	*10.6	*26.7	76.5
Rugby league	42.9	*18.3	41.4	55.2	36.0	64.1	257.9
Rugby union	*13.0	*12.7	*18.4	40.3	*20.6	33.9	139.0
Running	86.1	121.7	173.0	435.9	455.9	613.3	1,885.7
Sailing	*24.8	*15.5	*26.4	*23.0	*8.0	**6.6	104.2
Scuba diving	29.1	*18.4	*20.3	*11.3	**2.2	**2.1	83.3
Shooting sports	*17.8	*13.1	*20.0	*19.8	*7.6	*9.2	87.5
Softball	**2.4	**5.0	*11.9	*20.2	*14.4	*10.4	64.3
Squash/racquetball	53.3	*22.4	33.4	104.2	32.1	*9.5	254.9
Surf sports	39.5	54.6	72.7	99.3	99.5	72.2	437.8
Swimming	242.8	340.0	464.3	531.5	426.7	388.5	2,393.8
Table tennis	*12.3	*10.5	*18.7	36.6	**4.8	*8.1	91.0
Tennis	218.4	168.5	207.1	290.4	147.9	57.0	1,089.3
Tenpin bowling	56.6	*8.8	**5.8	44.9	*9.6	**1.7	127.4
Touch football	37.3	44.6	111.4	149.7	*23.3	*14.6	380.8
Triathlon	*27.0	**3.7	**6.4	**2.1	**5.6	29.4	74.3
Volleyball	35.8	32.5	*26.1	95.9	*18.1	*11.8	220.3
Walking (bush)	304.5	223.1	119.1	100.2	40.3	69.2	856.5
Walking (other)	110.6	155.1	254.7	778.6	1,075.8	3,799.4	6,174.2
Water polo	**2.3	**4.2	**1.3	*15.8	**2.9	**6.2	32.7
Waterskiing/powerboating	45.2	46.5	30.3	*20.2	**4.4	**0.9	147.6
Weight training	*15.4	*22.2	30.3	110.1	134.5	179.4	491.8
Yoga	49.9	42.3	56.0	199.9	70.9	68.9	487.9

continued over

(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 2009

* 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 16 continued: All participants — participation in specific activities (organised and non-organised) by frequency, 2009

Activity	Total participation rate (%) (b)						Total	Mean times per year	Median times per year
	1-6 times per year	7-12 times per year	13-26 times per year	27-52 times per year	53-104 times per year	More than 104 times per year			
Aerobics/fitness	1.1	1.1	1.3	3.7	5.1	10.5	22.8	128.8	104.2
Aquarobics	*0.1	*0.1	*0.1	0.4	*0.2	*0.1	1.0	64.4	51.8
Athletics/track and field	0.2	**0.0	*0.1	0.2	*0.1	*0.1	0.8	65.9	40.2
Australian rules football	0.4	0.3	0.2	0.5	0.7	0.6	2.8	73.6	52.2
Badminton	0.1	0.1	0.1	0.3	*0.1	**0.0	0.7	44.0	30.5
Baseball	**0.0	*0.0	**0.0	*0.1	*0.1	**0.0	0.3	51.7	51.6
Basketball	0.5	0.4	0.6	1.3	0.7	0.5	3.9	61.3	51.6
Billiards/snooker/pool	**0.0	**0.0	**0.0	**0.0	**0.0	**0.0	*0.1	*101.8	*51.6
Boxing	*0.1	*0.1	*0.1	0.2	*0.1	0.2	0.7	88.7	52.2
Canoeing/kayaking	0.5	0.2	0.2	0.2	*0.0	*0.1	1.2	35.3	10.4
Carpet bowls	**0.0	**0.0	**0.0	*0.1	*0.1	**0.0	0.2	68.8	52.0
Cricket (indoor)	*0.1	*0.1	*0.1	0.3	**0.0	*0.1	0.7	45.1	39.7
Cricket (outdoor)	0.5	0.5	0.7	0.8	0.3	0.3	3.1	42.5	25.5
Cycling	1.0	1.2	1.6	2.6	1.7	2.8	11.0	92.6	51.9
Dancing	0.2	*0.1	*0.1	0.9	0.5	0.5	2.3	85.7	52.2
Darts	**0.0	**0.0	**0.0	*0.1	**0.0	**0.0	*0.1	*64.0	*51.9
Fishing	0.4	0.6	0.6	0.4	*0.1	*0.1	2.2	28.5	17.1
Football (indoor)	0.3	0.4	0.4	0.8	0.2	*0.1	2.2	38.2	26.2
Football (outdoor)	0.6	0.6	0.9	1.0	1.2	0.8	5.1	63.6	50.2
Golf	1.5	1.0	0.7	1.5	1.0	0.6	6.4	48.7	26.4
Gymnastics	**0.0	**0.0	**0.0	**0.0	**0.0	*0.1	0.2	123.1	104.0
Hockey (indoor)	**0.0	**0.0	**0.0	**0.0	**0.0	**0.0	*0.1	*45.4	*25.8
Hockey (outdoor)	*0.0	*0.1	*0.1	0.3	0.2	0.2	0.9	72.5	51.8
Horse riding/equestrian activities/polocrosse	*0.1	*0.1	*0.1	0.2	*0.1	0.4	1.0	113.1	52.4
Ice/snow sports	0.6	0.3	0.2	*0.1	*0.1	**0.0	1.3	21.9	7.2
Lawn bowls	0.3	*0.1	*0.1	0.5	0.6	0.4	2.0	79.1	65.4
Martial arts	*0.1	*0.1	*0.2	0.5	0.4	0.5	1.8	102.6	99.7
Motor sports	0.2	0.2	0.3	0.3	*0.0	**0.1	1.2	39.0	20.0
Netball	0.4	0.3	0.5	1.5	0.8	0.5	4.0	62.6	51.6
Orienteering	0.2	*0.1	*0.1	*0.2	*0.1	*0.1	0.7	66.5	39.8
Rock climbing	0.2	*0.1	*0.1	0.2	**0.0	**0.0	0.6	26.7	15.5
Roller sports	*0.1	*0.1	*0.1	*0.1	*0.1	*0.1	0.6	86.5	51.5
Rowing	*0.1	*0.0	*0.1	*0.1	*0.1	*0.2	0.4	104.9	52.3
Rugby league	0.2	0.1	0.2	0.3	0.2	0.4	1.5	69.1	49.6
Rugby union	*0.1	*0.1	*0.1	0.2	*0.1	0.2	0.8	67.6	50.0
Running	0.5	0.7	1.0	2.5	2.7	3.6	11.0	105.5	100.7
Sailing	*0.1	*0.1	*0.2	*0.1	*0.0	**0.0	0.6	37.5	20.2
Scuba diving	0.2	*0.1	*0.1	*0.1	**0.0	**0.0	0.5	20.2	11.8
Shooting sports	*0.1	*0.1	*0.1	*0.1	*0.0	*0.1	0.5	48.5	25.6
Softball	**0.0	**0.0	*0.1	*0.1	*0.1	*0.1	0.4	64.0	51.7
Squash/racquetball	0.3	0.1	0.2	0.6	0.2	0.1	1.5	42.1	39.9
Surf sports	0.2	*0.3	0.4	0.6	0.6	*0.4	2.5	70.6	50.0
Swimming	1.4	2.0	2.7	3.1	2.5	2.3	13.9	66.8	40.2
Table tennis	*0.1	*0.1	*0.1	0.2	**0.0	*0.0	0.5	52.6	40.3
Tennis	1.3	1.0	1.2	1.7	0.9	0.3	6.3	42.0	25.7
Tenpin bowling	0.3	*0.1	**0.0	0.3	*0.1	**0.0	0.7	30.8	10.1
Touch football	0.2	0.3	0.6	0.9	*0.1	*0.1	2.2	38.5	26.3
Triathlon	*0.2	**0.0	**0.0	**0.0	**0.0	0.2	0.4	131.0	39.5
Volleyball	0.2	0.2	*0.2	0.6	*0.1	*0.1	1.3	46.3	49.7
Walking (bush)	1.8	1.3	0.7	0.6	0.2	0.4	5.0	33.9	11.6
Walking (other)	0.6	0.9	1.5	4.5	6.3	22.1	35.9	184.4	156.0
Water polo	**0.0	**0.0	**0.0	*0.1	**0.0	**0.0	0.2	72.1	47.6
Waterskiing/powerboating	0.3	0.3	0.2	*0.1	**0.0	**0.0	0.9	17.8	10.5
Weight training	0.1	0.1	0.2	*0.6	**0.8	**1.0	2.9	116.4	103.8
Yoga	0.3	0.2	0.3	1.2	0.4	0.4	2.8	69.6	51.7

(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

10.1.6 Total participation in specific organised activities

Table 17: Organised participants — total participation in specific organised activities by age, 2009 (a)

Activity	Number ('000)						Total
	15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	
Aerobics/fitness	251.5	248.7	250.6	197.0	158.1	173.4	1,279.3
Aquarobics	*7.6	*9.4	*9.7	*12.8	29.7	44.2	113.4
Athletics/track and field	91.4	**2.1	**2.5	*8.0	**1.6	**1.0	106.6
Australian rules football	222.4	86.8	43.4	*19.2	**3.7	**0.0	375.5
Badminton	*21.5	*10.1	**4.1	**3.2	**1.6	**1.3	41.9
Baseball	**0.6	*8.7	*12.2	*11.4	**3.1	**0.0	36.0
Basketball	261.9	81.0	43.4	*22.0	**4.2	**0.8	413.3
Billiards/snooker/pool	**0.0	**1.9	**0.4	**0.0	**0.0	**1.1	**3.3
Boxing	*16.1	*14.9	*11.8	**7.3	**3.1	**0.0	53.3
Canoeing/kayaking	*13.1	*8.2	*10.2	**4.3	*8.6	**1.2	45.7
Carpet bowls	**0.9	**0.0	**2.3	**0.0	**4.5	30.0	37.7
Cricket (indoor)	29.0	*25.8	*16.1	**2.8	**0.6	**0.0	74.3
Cricket (outdoor)	146.4	88.8	58.3	39.6	**4.2	*9.6	347.0
Cycling	*12.1	55.7	66.7	49.8	29.1	*10.9	224.3
Dancing	127.0	*27.8	32.2	*27.1	29.4	47.8	291.3
Darts	**0.8	**0.3	**3.4	**4.6	**0.3	**2.8	*12.2
Fishing	**1.8	**2.1	*14.8	**5.1	**7.0	**4.1	34.9
Football (indoor)	135.4	84.4	*15.3	*10.5	**0.8	**0.0	246.4
Football (outdoor)	303.8	120.2	99.2	48.6	**6.6	**0.8	579.2
Golf	*25.9	42.8	82.3	100.2	143.2	171.0	565.4
Gymnastics	*12.2	**1.3	**2.0	**0.0	**0.4	**0.6	*16.6
Hockey (indoor)	*9.7	**2.2	**1.1	**0.2	**0.0	**0.0	*13.2
Hockey (outdoor)	68.2	*20.5	*26.1	*20.2	**3.4	**2.9	141.4
Horse riding/equestrian activities/polocrosse	*19.2	*11.3	*24.8	*21.0	*8.9	**1.4	86.7
Ice/snow sports	*17.4	**5.4	**3.2	**4.5	**0.9	**3.4	34.9
Lawn bowls	**2.5	**5.7	**7.2	36.5	72.7	194.6	319.1
Martial arts	68.6	40.5	53.9	*22.6	*27.1	32.3	245.0
Motor sports	*15.9	*20.2	*26.2	*16.6	*10.7	**3.9	93.4
Netball	294.9	151.7	86.8	42.3	**1.1	**0.5	577.3
Orienteering	31.1	**7.3	*11.2	*9.5	**3.9	**0.4	63.3
Rock climbing	*16.7	**5.1	**6.0	**6.9	**2.4	**0.0	37.1
Roller sports	**4.0	**4.3	**1.7	**0.8	**0.0	**0.0	*10.8
Rowing	*16.7	*10.2	**6.6	**4.7	**4.2	**2.2	44.5
Rugby league	116.1	30.9	*22.1	*8.8	**0.3	**0.0	178.2
Rugby union	79.4	*26.3	*13.0	**7.0	**2.1	**1.7	129.6
Running	58.8	50.6	83.3	42.6	*13.0	*8.4	256.6
Sailing	*12.1	*8.3	*9.6	*20.2	*14.7	**6.3	71.1
Scuba diving	**1.6	*14.0	**4.3	*8.4	**0.1	**0.5	28.9
Shooting sports	*11.7	*11.2	*7.9	**6.0	**7.3	*8.1	52.1
Softball	*25.5	**6.1	*16.4	*9.5	**2.2	**0.5	60.2
Squash/racquetball	*11.6	*13.3	*20.3	*19.4	**4.2	**0.6	69.4
Surf sports	29.8	*9.2	**3.5	*17.6	**6.6	**0.0	66.7
Swimming	109.8	35.4	60.1	45.1	*16.8	*25.1	292.3
Table tennis	*11.8	**2.3	**1.0	**4.9	**3.0	*11.0	34.0
Tennis	121.9	65.7	89.8	77.1	58.5	50.4	463.4
Tenpin bowling	**3.1	**4.1	*9.8	*10.6	*16.1	*14.4	58.1
Touch football	109.3	110.9	59.5	*16.8	**5.7	**0.0	302.2
Triathlon	*7.8	33.5	*25.1	**6.4	**0.2	**0.0	73.0
Volleyball	64.2	44.2	*24.0	*11.8	**0.4	**1.4	146.0
Walking (bush)	**6.3	**1.9	*9.3	31.5	*27.4	28.0	104.5
Walking (other)	*11.2	*22.4	37.1	60.9	61.9	70.2	263.6
Water polo	*21.2	**3.5	**4.7	**0.9	**0.0	**0.2	30.5
Waterskiing/powerboating	**0.0	**0.0	**0.4	**6.0	**0.1	**2.6	*9.1
Weight training	*16.3	29.0	*23.5	*19.5	*12.6	*16.5	117.4
Yoga	*21.4	61.2	54.1	59.1	41.2	*22.8	259.8

continued over

(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 2009

* 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 17 continued: Organised participants — total participation in specific organised activities by age, 2009

Activity	Total participation rate (%) (b)						Total
	15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	
Aerobics/fitness	8.5	8.3	8.1	6.6	6.4	6.4	7.4
Aquarobics	*0.3	*0.3	*0.3	*0.4	1.2	1.6	0.7
Athletics/track and field	3.1	**0.1	**0.1	*0.3	**0.1	**0.0	0.6
Australian rules football	7.5	2.9	1.4	*0.6	**0.2	**0.0	2.2
Badminton	*0.7	0.3	**0.1	**0.1	**0.1	**0.0	0.2
Baseball	**0.0	0.3	*0.4	*0.4	**0.1	**0.0	0.2
Basketball	8.9	2.7	1.4	*0.7	**0.2	**0.0	2.4
Billiards/snooker/pool	**0.0	**0.1	**0.0	**0.0	**0.0	**0.0	**0.0
Boxing	*0.5	*0.5	*0.4	**0.2	**0.1	**0.0	0.3
Canoeing/kayaking	*0.4	*0.3	*0.3	**0.1	*0.4	**0.0	0.3
Carpet bowls	**0.0	**0.0	**0.1	**0.0	**0.2	1.1	0.2
Cricket (indoor)	1.0	*0.9	*0.5	**0.1	**0.0	**0.0	0.4
Cricket (outdoor)	5.0	3.0	1.9	1.3	**0.2	*0.4	2.0
Cycling	*0.4	1.9	2.2	1.7	1.2	*0.4	1.3
Dancing	4.3	*0.9	1.0	*0.9	1.2	1.8	1.7
Darts	**0.0	**0.0	**0.1	**0.2	**0.0	**0.1	*0.1
Fishing	**0.1	**0.1	*0.5	**0.2	**0.3	**0.2	0.2
Football (indoor)	4.6	2.8	*0.5	*0.4	**0.0	**0.0	1.4
Football (outdoor)	10.3	4.0	3.2	1.6	**0.3	**0.0	3.4
Golf	*0.9	1.4	2.7	3.4	5.8	6.3	3.3
Gymnastics	*0.4	**0.0	**0.1	**0.0	**0.0	**0.0	*0.1
Hockey (indoor)	*0.3	**0.1	**0.0	**0.0	**0.0	**0.0	*0.1
Hockey (outdoor)	2.3	*0.7	*0.8	*0.7	**0.1	**0.1	0.8
Horse riding/equestrian activities/polocrosse	*0.7	*0.4	*0.8	*0.7	*0.4	**0.1	0.5
Ice/snow sports	*0.6	**0.2	**0.1	**0.2	**0.0	**0.1	0.2
Lawn bowls	**0.1	**0.2	**0.2	1.2	3.0	7.2	1.9
Martial arts	2.3	1.4	1.7	*0.8	*1.1	1.2	1.4
Motor sports	*0.5	*0.7	*0.8	*0.6	*0.4	**0.1	0.5
Netball	10.0	5.1	2.8	1.4	**0.0	**0.0	3.4
Orienteering	1.1	*0.2	**0.4	**0.3	**0.2	**0.0	0.4
Rock climbing	*0.6	**0.2	**0.2	**0.2	**0.1	**0.0	0.2
Roller sports	**0.1	**0.1	**0.1	**0.0	**0.0	**0.0	*0.1
Rowing	*0.6	*0.3	**0.2	**0.2	**0.2	**0.1	0.3
Rugby league	3.9	1.0	*0.7	*0.3	**0.0	**0.0	1.0
Rugby union	2.7	*0.9	*0.4	**0.2	**0.1	**0.1	0.8
Running	2.0	1.7	2.7	1.4	*0.5	*0.3	1.5
Sailing	*0.4	*0.3	*0.3	*0.7	*0.6	**0.2	0.4
Scuba diving	**0.1	*0.5	**0.1	*0.3	**0.0	**0.0	0.2
Shooting sports	*0.4	*0.4	*0.3	**0.2	**0.3	*0.3	0.3
Softball	*0.9	**0.2	*0.5	*0.3	**0.1	**0.0	0.3
Squash/racquetball	*0.4	*0.4	*0.7	*0.7	**0.2	**0.0	0.4
Surf sports	1.0	*0.3	**0.1	*0.6	**0.3	**0.0	0.4
Swimming	3.7	1.2	1.9	1.5	*0.7	*0.9	1.7
Table tennis	*0.4	**0.1	**0.0	**0.2	**0.1	*0.4	0.2
Tennis	4.1	2.2	2.9	2.6	2.4	1.9	2.7
Tenpin bowling	*0.1	*0.1	**0.3	**0.4	**0.7	**0.5	0.3
Touch football	3.7	3.7	1.9	*0.6	**0.2	**0.0	1.8
Triathlon	*0.3	1.1	*0.8	**0.2	**0.0	**0.0	0.4
Volleyball	2.2	1.5	*0.8	*0.4	**0.0	**0.1	0.8
Walking (bush)	**0.2	**0.1	*0.3	1.1	*1.1	1.0	0.6
Walking (other)	*0.4	*0.7	1.2	2.0	2.5	2.6	1.5
Water polo	*0.7	**0.1	**0.2	**0.0	**0.0	**0.0	0.2
Waterskiing/powerboating	**0.0	**0.0	**0.0	**0.2	**0.0	**0.1	*0.1
Weight training	*0.6	1.0	*0.8	*0.7	*0.5	*0.6	0.7
Yoga	*0.7	2.0	1.7	2.0	1.7	*0.8	1.5

(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

10.2 2001–2009 state/territory tables

Table 18: All participants — total participation in any physical activity by state/territory, age and sex, 2009 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	23.4	424.0	15.8	278.5	104.5	28.1	347.4	143.6	1,365.3
	25 to 34	26.5	425.8	15.9	252.2	98.7	25.7	318.9	143.6	1,307.3
	35 to 44	22.8	409.6	14.9	269.8	97.8	27.5	334.1	147.9	1,324.4
	45 to 54	20.2	408.9	13.1	223.7	82.7	29.5	299.5	135.3	1,212.8
	55 to 64	15.3	318.3	8.1	181.6	67.2	24.9	223.0	94.1	932.5
	65 and over	12.6	302.5	3.9	156.2	73.4	24.1	224.6	81.9	879.2
	TOTAL		120.9	2,289.0	71.6	1,362.1	524.2	159.8	1,747.5	746.4
Females	15 to 24	22.3	381.0	13.6	261.0	87.0	29.3	313.5	139.4	1,247.2
	25 to 34	24.2	394.1	15.8	240.6	88.2	23.7	320.1	136.8	1,243.4
	35 to 44	22.8	407.5	14.2	278.8	98.0	29.5	335.4	139.8	1,325.9
	45 to 54	20.9	393.3	11.5	233.2	96.2	30.6	310.9	128.5	1,224.9
	55 to 64	15.9	330.4	7.1	199.4	76.8	25.1	247.6	94.5	996.7
	65 and over	14.6	356.0	3.5	184.3	89.6	25.7	273.9	97.7	1,045.3
	TOTAL		120.6	2,262.3	65.7	1,397.3	535.7	163.8	1,801.4	736.6
Persons	15 to 24	45.7	805.0	29.4	539.6	191.5	57.4	660.9	283.0	2,612.5
	25 to 34	50.7	819.9	31.7	492.8	186.8	49.4	639.0	280.4	2,550.7
	35 to 44	45.6	817.0	29.1	548.6	195.8	57.0	669.5	287.7	2,650.2
	45 to 54	41.1	802.2	24.6	456.9	178.8	60.1	610.3	263.7	2,437.7
	55 to 64	31.2	648.7	15.1	381.0	144.0	50.0	470.6	188.6	1,929.2
	65 and over	27.2	658.5	7.4	340.6	163.0	49.9	498.5	179.5	1,924.6
	TOTAL		241.4	4,551.3	137.3	2,759.4	1,060.0	323.6	3,548.9	1,483.0
Total participation rate (%) (b)										
Males	15 to 24	91.7	88.6	90.3	91.1	95.1	84.7	92.1	91.2	90.7
	25 to 34	94.9	87.9	86.7	84.3	95.6	92.1	84.0	91.5	87.3
	35 to 44	89.7	83.8	86.7	87.1	88.2	85.3	86.5	89.8	86.3
	45 to 54	87.4	85.7	86.3	76.3	73.7	82.6	83.0	87.0	82.3
	55 to 64	82.1	80.7	73.2	73.4	70.3	78.0	76.0	75.3	76.6
	65 and over	80.6	70.7	63.7	64.1	69.1	71.9	70.7	68.5	69.2
	TOTAL	88.7	83.2	84.0	80.2	82.2	82.2	82.2	82.6	84.9
Females	15 to 24	91.3	82.2	85.5	88.3	82.6	92.9	86.6	93.6	86.2
	25 to 34	87.6	80.2	85.5	80.6	87.3	81.6	84.4	91.5	83.2
	35 to 44	87.9	81.2	84.4	88.1	87.9	86.5	84.4	87.5	84.8
	45 to 54	85.4	80.3	80.1	77.2	83.5	82.4	83.8	83.5	81.3
	55 to 64	81.5	82.4	75.4	81.1	76.5	76.7	81.5	77.6	80.7
	65 and over	79.9	71.8	66.3	69.3	71.4	67.4	74.3	74.1	72.1
	TOTAL	86.1	79.6	81.8	81.0	81.3	80.9	82.5	85.1	81.4
Persons	15 to 24	91.5	85.5	88.0	89.8	89.0	88.7	89.4	92.4	88.5
	25 to 34	91.3	84.0	86.1	82.5	91.5	86.8	84.2	91.5	85.2
	35 to 44	88.8	82.5	85.5	87.6	88.1	85.9	85.4	88.7	85.5
	45 to 54	86.4	83.0	83.3	76.8	78.7	82.5	83.4	85.3	81.8
	55 to 64	81.8	81.6	74.2	77.2	73.5	77.4	78.8	76.4	78.7
	65 and over	80.2	71.3	64.9	66.9	70.4	69.5	72.7	71.5	70.8
	TOTAL	87.4	81.4	83.0	80.6	81.7	81.5	82.6	85.0	82.0

(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 2009

(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 19: All participants — total participation in any physical activity by state/territory and sex, 2001–2009 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Year	Number ('000)								
Males	2001	103.8	2,026.0	60.1	1,099.2	447.2	134.4	1,493.6	599.5	5,963.9
	2002	107.2	1,987.3	58.0	1,096.1	468.3	137.4	1,511.1	603.3	5,968.6
	2003	108.3	2,152.2	59.9	1,147.8	490.4	145.4	1,632.1	636.7	6,372.7
	2004	110.5	2,156.3	61.1	1,217.9	472.6	147.3	1,678.2	669.9	6,513.7
	2005	113.2	2,214.8	59.8	1,273.3	498.0	150.5	1,667.2	663.5	6,640.3
	2006	110.9	2,090.9	60.1	1,228.1	486.3	150.3	1,581.4	646.9	6,354.8
	2007	112.3	2,091.1	62.3	1,266.1	476.3	142.4	1,611.7	628.7	6,390.8
	2008	117.1	2,233.2	64.7	1,337.5	517.2	154.9	1,719.4	694.2	6,838.3
	2009	120.9	2,289.0	71.6	1,362.1	524.2	159.8	1,747.5	746.4	7,021.5
Females	2001	100.2	1,944.5	53.2	1,060.8	438.7	146.4	1,443.9	596.9	5,784.6
	2002	102.4	1,928.0	53.4	1,130.4	460.0	140.1	1,515.3	613.8	5,943.4
	2003	110.1	2,099.9	57.2	1,204.2	502.8	153.0	1,683.1	661.0	6,471.3
	2004	112.0	2,160.7	54.4	1,243.0	497.7	156.8	1,700.1	652.9	6,577.6
	2005	112.0	2,214.8	55.4	1,243.5	508.7	156.5	1,735.2	663.3	6,689.5
	2006	115.1	2,122.0	59.4	1,259.2	499.3	159.6	1,701.4	674.5	6,590.6
	2007	115.1	2,085.5	60.6	1,310.2	514.6	157.5	1,650.8	673.8	6,568.0
	2008	120.9	2,254.8	63.1	1,407.6	535.5	164.1	1,752.1	712.9	7,011.0
	2009	120.6	2,262.3	65.7	1,397.3	535.7	163.8	1,801.4	736.6	7,083.4
Persons	2001	204.0	3,970.5	113.3	2,160.0	886.0	280.8	2,937.6	1,196.4	11,748.6
	2002	209.6	3,915.2	111.4	2,226.5	928.3	277.5	3,026.4	1,217.1	11,912.0
	2003	218.4	4,252.0	117.1	2,352.1	993.2	298.4	3,315.1	1,297.6	12,844.0
	2004	222.5	4,317.0	115.5	2,461.0	970.3	304.0	3,378.3	1,322.9	13,091.3
	2005	225.1	4,429.6	115.3	2,516.8	1,006.7	307.0	3,402.4	1,326.9	13,329.8
	2006	226.0	4,212.9	119.5	2,487.3	985.6	309.8	3,282.8	1,321.4	12,945.4
	2007	227.3	4,176.6	122.9	2,576.2	990.9	299.9	3,262.5	1,302.5	12,958.7
	2008	238.1	4,488.0	127.9	2,745.1	1,052.7	319.0	3,471.5	1,407.1	13,849.3
	2009	241.4	4,551.3	137.3	2,759.4	1,060.0	323.6	3,548.9	1,483.0	14,104.9
Total participation rate (%) (b)										
Males	2001	86.0	80.3	81.9	79.1	76.6	75.7	79.8	81.3	79.8
	2002	88.8	77.8	78.6	77.3	79.6	77.1	79.5	80.3	78.7
	2003	88.8	83.2	81.4	78.7	82.6	80.5	84.3	83.0	82.6
	2004	88.6	82.5	83.2	80.9	79.1	80.9	85.3	86.0	83.0
	2005	90.3	84.1	81.4	82.1	82.7	81.5	83.7	83.8	83.5
	2006	87.4	80.6	79.5	79.8	80.5	81.1	80.1	82.6	80.6
	2007	86.7	79.5	80.2	80.2	77.9	76.3	80.2	78.2	79.6
	2008	88.8	83.8	81.3	82.7	83.5	82.2	84.1	84.2	83.7
	2009	88.7	83.2	84.0	80.2	82.2	82.2	82.6	84.9	82.6
Females	2001	80.9	75.6	79.1	75.5	72.9	78.6	75.0	80.8	75.9
	2002	83.1	74.2	79.2	78.6	76.0	74.9	77.6	81.6	77.0
	2003	88.5	79.8	84.8	81.4	82.4	80.8	84.7	86.0	82.4
	2004	87.8	81.5	82.3	81.5	81.1	81.9	84.9	83.7	82.6
	2005	87.7	83.0	84.9	79.7	82.5	80.9	85.7	83.8	83.1
	2006	86.9	78.6	81.2	79.2	79.3	82.2	83.0	84.9	80.7
	2007	85.4	76.3	80.9	80.5	80.8	80.4	79.2	83.0	79.1
	2008	88.3	81.4	82.3	84.5	83.1	83.2	82.7	85.9	83.1
	2009	86.1	79.6	81.8	81.0	81.3	80.9	82.5	85.1	81.4
Persons	2001	83.4	77.9	80.5	77.3	74.7	77.2	77.4	81.0	77.8
	2002	85.9	76.0	78.9	78.0	77.8	75.9	78.5	81.0	77.8
	2003	88.6	81.5	83.0	80.1	82.5	80.7	84.5	84.5	82.5
	2004	88.2	82.0	82.8	81.2	80.1	81.4	85.1	84.8	82.8
	2005	89.0	83.5	83.0	80.9	82.6	81.2	84.7	83.8	83.3
	2006	87.1	79.6	80.3	79.5	79.9	81.7	81.6	83.7	80.7
	2007	86.0	77.9	80.5	80.4	79.3	78.4	79.7	80.6	79.4
	2008	88.6	82.6	81.8	83.6	83.3	82.7	83.4	85.1	83.4
	2009	87.4	81.4	83.0	80.6	81.7	81.5	82.6	85.0	82.0

(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

(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 20: Regular participants — regular participation in any physical activity by state/territory, age and sex, 2009 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	13.2	233.2	9.6	182.9	49.9	17.1	207.6	87.1	800.6
	25 to 34	13.3	194.5	5.7	129.3	40.4	9.8	160.8	75.3	629.3
	35 to 44	13.1	183.8	7.9	138.2	49.1	11.9	183.0	84.4	671.3
	45 to 54	11.4	218.1	7.7	114.1	41.8	15.5	146.7	73.4	628.7
	55 to 64	10.2	187.7	4.3	96.9	39.4	13.6	126.2	60.3	538.6
	65 and over	8.6	173.7	2.6	95.0	48.3	14.9	137.6	56.3	537.0
	TOTAL		69.8	1,190.9	37.9	756.5	268.8	82.9	961.9	436.9
Females	15 to 24	13.4	202.7	9.4	167.3	45.8	18.2	181.2	68.9	707.0
	25 to 34	15.5	233.6	9.1	131.5	50.5	11.8	189.0	78.0	719.0
	35 to 44	13.6	256.2	8.7	159.7	54.7	19.5	203.7	99.4	815.5
	45 to 54	14.9	256.7	7.3	150.1	60.8	18.9	200.2	86.4	795.3
	55 to 64	11.2	233.3	5.2	134.5	51.6	16.3	165.5	67.9	685.6
	65 and over	10.4	217.5	2.6	127.6	56.2	17.3	175.6	68.0	675.1
	TOTAL		79.0	1,400.1	42.3	870.6	319.7	102.1	1,115.2	468.5
Persons	15 to 24	26.6	435.9	19.0	350.2	95.7	35.3	388.8	156.0	1,507.6
	25 to 34	28.8	428.1	14.8	260.8	91.0	21.7	349.9	153.3	1,348.3
	35 to 44	26.7	440.0	16.6	297.9	103.8	31.4	386.7	183.8	1,486.8
	45 to 54	26.4	474.8	15.0	264.2	102.6	34.4	346.8	159.8	1,424.0
	55 to 64	21.4	421.0	9.5	231.4	91.0	29.9	291.7	128.2	1,224.2
	65 and over	19.0	391.2	5.2	222.6	104.4	32.3	313.2	124.3	1,212.1
	TOTAL		148.8	2,591.0	80.2	1,627.1	588.5	185.0	2,077.1	905.4

Regular participation rate (%) (b)

Males	15 to 24	51.8	48.7	54.8	59.9	45.4	51.6	55.0	55.3	53.2
	25 to 34	47.6	40.1	31.3	43.2	39.2	35.3	42.4	48.0	42.0
	35 to 44	51.4	37.6	45.9	44.6	44.3	36.9	47.4	51.2	43.7
	45 to 54	49.4	45.7	51.0	38.9	37.3	43.3	40.6	47.2	42.7
	55 to 64	54.9	47.6	39.2	39.2	41.2	42.6	43.0	48.2	44.2
	65 and over	54.6	40.6	43.4	39.0	45.4	44.5	43.3	47.2	42.3
	TOTAL	51.2	43.3	44.4	44.5	42.1	42.6	45.5	49.7	44.8
Females	15 to 24	54.8	43.7	59.4	56.6	43.5	57.8	50.0	46.3	48.8
	25 to 34	56.1	47.5	49.0	44.1	50.0	40.8	49.8	52.1	48.1
	35 to 44	52.5	51.1	51.5	50.5	49.1	57.1	51.3	62.2	52.2
	45 to 54	61.2	52.4	50.5	49.7	52.8	51.1	53.9	56.2	52.8
	55 to 64	57.5	58.2	55.5	54.7	51.5	50.0	54.5	55.8	55.5
	65 and over	57.0	43.9	49.4	48.0	44.8	45.4	47.6	51.6	46.6
	TOTAL	56.4	49.2	52.6	50.5	48.5	50.4	51.1	54.1	50.6
Persons	15 to 24	53.3	46.3	57.0	58.3	44.5	54.6	52.6	50.9	51.1
	25 to 34	51.9	43.9	40.2	43.6	44.5	38.1	46.1	50.0	45.1
	35 to 44	51.9	44.4	48.7	47.6	46.7	47.3	49.3	56.6	48.0
	45 to 54	55.4	49.1	50.7	44.4	45.1	47.3	47.4	51.7	47.8
	55 to 64	56.3	52.9	46.7	46.9	46.4	46.4	48.8	51.9	49.9
	65 and over	55.9	42.4	46.2	43.7	45.1	45.0	45.6	49.5	44.6
	TOTAL	53.8	46.3	48.4	47.5	45.4	46.6	48.3	51.9	47.7

(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 2009

(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

Table 21: Regular participants — regular participation in any physical activity by state/territory and sex, 2001–2009 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Year	Number ('000)								
Males	2001	50.3	889.7	27.8	497.7	168.9	51.6	665.1	270.6	2,621.8
	2002	51.3	880.4	30.5	550.0	212.1	56.4	680.5	335.0	2,796.3
	2003	62.7	1,105.2	32.2	596.9	255.0	73.5	870.4	335.2	3,331.1
	2004	62.8	1,125.6	34.9	633.4	225.8	73.2	896.9	394.0	3,446.7
	2005	62.3	1,115.6	33.1	584.2	224.6	75.7	875.5	343.0	3,313.9
	2006	58.4	1,029.8	31.5	584.9	200.1	67.9	774.8	333.9	3,081.4
	2007	62.3	1,091.9	35.2	621.7	224.7	71.5	799.4	308.9	3,215.7
	2008	72.5	1,315.8	35.6	724.2	283.1	87.6	940.9	366.1	3,825.9
	2009	69.8	1,190.9	37.9	756.5	268.8	82.9	961.9	436.9	3,805.5
Females	2001	56.1	999.6	29.0	565.1	217.8	73.8	720.4	331.0	2,992.8
	2002	52.2	976.8	29.6	596.2	229.6	69.8	825.0	370.0	3,149.2
	2003	64.0	1,202.4	37.3	711.9	291.1	91.3	991.8	418.8	3,808.7
	2004	69.4	1,282.3	37.6	765.0	291.3	96.4	1,042.8	427.6	4,012.4
	2005	65.3	1,262.2	33.6	687.4	273.0	86.3	958.0	393.2	3,759.0
	2006	65.3	1,169.1	36.2	743.6	276.3	93.6	992.5	411.7	3,788.4
	2007	72.0	1,189.6	38.3	814.3	290.3	95.2	967.3	425.7	3,892.6
	2008	76.6	1,362.4	42.3	868.1	347.9	104.6	1,104.7	445.7	4,352.4
	2009	79.0	1,400.1	42.3	870.6	319.7	102.1	1,115.2	468.5	4,397.5
Persons	2001	106.5	1,889.3	56.9	1,062.8	386.7	125.4	1,385.5	601.6	5,614.6
	2002	103.5	1,857.2	60.1	1,146.3	441.7	126.2	1,505.5	705.1	5,945.4
	2003	126.7	2,307.7	69.6	1,308.7	546.1	164.8	1,862.2	754.1	7,139.8
	2004	132.3	2,407.9	72.5	1,398.4	517.2	169.7	1,939.6	821.6	7,459.1
	2005	127.6	2,377.8	66.7	1,271.5	497.6	162.0	1,833.5	736.2	7,072.9
	2006	123.7	2,198.9	67.7	1,328.5	476.5	161.5	1,767.3	745.6	6,869.8
	2007	134.4	2,281.4	73.5	1,436.0	515.0	166.7	1,766.7	734.6	7,108.3
	2008	149.0	2,678.2	78.0	1,592.3	631.1	192.2	2,045.6	811.9	8,178.4
	2009	148.8	2,591.0	80.2	1,627.1	588.5	185.0	2,077.1	905.4	8,203.0
Regular participation rate (%) (b)										
Males	2001	41.7	35.3	37.9	35.8	28.9	29.0	35.5	36.7	35.1
	2002	42.5	34.5	41.4	38.8	36.1	31.6	35.8	44.6	36.9
	2003	51.4	42.7	43.8	40.9	42.9	40.7	44.9	43.7	43.2
	2004	50.4	43.1	47.5	42.1	37.8	40.2	45.6	50.6	43.9
	2005	49.7	42.3	45.0	37.6	37.3	41.0	44.0	43.3	41.7
	2006	46.1	39.7	41.7	38.0	33.1	36.7	39.2	42.6	39.1
	2007	48.2	41.5	45.4	39.4	36.7	38.3	39.8	38.4	40.1
	2008	55.0	49.4	44.7	44.8	45.7	46.5	46.0	44.4	46.8
	2009	51.2	43.3	44.4	44.5	42.1	42.6	45.5	49.7	44.8
Females	2001	45.3	38.9	43.1	40.2	36.2	39.6	37.4	44.8	39.3
	2002	42.4	37.6	43.9	41.5	37.9	37.3	42.3	49.2	40.8
	2003	51.4	45.7	55.3	48.1	47.7	48.2	49.9	54.5	48.5
	2004	54.4	48.4	56.8	50.1	47.5	50.4	52.0	54.8	50.4
	2005	51.1	47.3	51.5	44.1	44.3	44.6	47.3	49.7	46.7
	2006	49.3	43.3	49.5	46.8	43.9	48.2	48.4	51.8	46.4
	2007	53.4	43.5	51.1	50.0	45.6	48.6	46.4	52.4	46.9
	2008	55.9	49.2	55.2	52.1	54.0	53.0	52.2	53.7	51.6
	2009	56.4	49.2	52.6	50.5	48.5	50.4	51.1	54.1	50.6
Persons	2001	43.6	37.1	40.4	38.0	32.6	34.5	36.5	40.7	37.2
	2002	42.4	36.0	42.6	40.1	37.0	34.5	39.1	46.9	38.8
	2003	51.4	44.2	49.3	44.6	45.4	44.5	47.5	49.1	45.8
	2004	52.4	45.7	51.9	46.1	42.7	45.4	48.9	52.7	47.2
	2005	50.4	44.8	48.1	40.9	40.8	42.8	45.6	46.5	44.2
	2006	47.7	41.5	45.5	42.5	38.6	42.6	43.9	47.3	42.8
	2007	50.9	42.5	48.2	44.8	41.2	43.6	43.2	45.5	43.5
	2008	55.4	49.3	49.9	48.5	49.9	49.8	49.1	49.1	49.3
	2009	53.8	46.3	48.4	47.5	45.4	46.6	48.3	51.9	47.7

(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

(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

Table 22: Organised participants — total participation in organised physical activity by state/territory, age and sex, 2009 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	16.3	290.9	11.1	209.7	77.7	24.2	269.6	89.4	988.9
	25 to 34	13.8	242.4	9.9	144.0	55.9	13.8	174.2	70.9	724.9
	35 to 44	11.8	200.9	9.3	133.3	47.9	14.2	137.9	71.3	626.5
	45 to 54	9.0	188.5	4.9	89.4	31.2	13.5	131.3	53.2	521.0
	55 to 64	4.6	104.5	3.3	75.0	20.7	10.9	73.5	31.6	324.1
	65 and over	5.4	130.7	*1.0	57.7	33.2	7.3	103.9	37.9	377.1
	TOTAL	60.9	1,157.8	39.5	709.1	266.6	83.9	890.4	354.3	3,562.6
Females	15 to 24	13.9	239.5	9.1	186.7	60.1	22.9	220.1	86.8	839.2
	25 to 34	10.6	169.8	9.3	107.7	42.4	10.1	152.0	63.8	565.7
	35 to 44	10.3	184.3	6.3	115.8	39.2	11.3	139.2	59.4	565.9
	45 to 54	7.5	162.5	5.2	66.8	35.9	11.7	124.0	48.1	461.6
	55 to 64	6.4	139.8	2.1	68.1	22.5	9.4	93.6	31.2	373.2
	65 and over	6.2	158.1	*1.7	76.2	40.5	9.1	137.6	47.0	476.5
	TOTAL	55.1	1,054.0	33.8	621.3	240.7	74.5	866.5	336.2	3,282.2
Persons	15 to 24	30.2	530.3	20.3	396.4	137.9	47.1	489.7	176.2	1,828.1
	25 to 34	24.4	412.2	19.3	251.7	98.3	23.9	326.2	134.7	1,290.7
	35 to 44	22.2	385.2	15.6	249.1	87.1	25.4	277.2	130.7	1,192.4
	45 to 54	16.6	351.0	10.1	156.2	67.1	25.2	255.3	101.3	982.7
	55 to 64	11.0	244.3	5.4	143.2	43.2	20.3	167.1	62.8	697.3
	65 and over	11.6	288.8	2.7	133.9	73.7	16.4	241.5	84.9	853.6
	TOTAL	116.0	2,211.8	73.3	1,330.4	507.3	158.4	1,757.0	690.6	6,844.8

Total participation rate (%) (b)

Males	15 to 24	64.0	60.8	63.6	68.6	70.8	73.0	71.5	56.8	65.7
	25 to 34	49.3	50.0	54.1	48.1	54.2	49.4	45.9	45.2	48.4
	35 to 44	46.5	41.1	54.0	43.0	43.2	43.9	35.7	43.3	40.8
	45 to 54	39.1	39.5	32.3	30.5	27.8	37.7	36.4	34.3	35.4
	55 to 64	24.6	26.5	30.0	30.3	21.6	34.3	25.0	25.3	26.6
	65 and over	34.2	30.6	*16.7	23.7	31.3	21.7	32.7	31.8	29.7
	TOTAL	44.7	42.1	46.4	41.7	41.8	43.1	42.1	40.3	41.9
Females	15 to 24	56.9	51.7	57.6	63.2	57.0	72.7	60.8	58.3	58.0
	25 to 34	38.6	34.6	50.4	36.1	42.0	34.7	40.1	42.6	37.8
	35 to 44	40.0	36.7	37.5	36.6	35.2	33.1	35.0	37.2	36.2
	45 to 54	30.8	33.2	36.2	22.1	31.2	31.6	33.4	31.3	30.6
	55 to 64	32.9	34.9	22.2	27.7	22.5	28.7	30.8	25.6	30.2
	65 and over	34.2	31.9	*32.4	28.7	32.3	24.0	37.3	35.6	32.9
	TOTAL	39.3	37.1	42.1	36.0	36.5	36.8	39.7	38.8	37.7
Persons	15 to 24	60.5	56.3	60.7	65.9	64.0	72.9	66.2	57.5	61.9
	25 to 34	44.0	42.2	52.3	42.1	48.1	41.9	43.0	44.0	43.1
	35 to 44	43.2	38.9	45.8	39.8	39.2	38.4	35.4	40.3	38.5
	45 to 54	34.8	36.3	34.2	26.2	29.5	34.6	34.9	32.8	33.0
	55 to 64	28.8	30.7	26.4	29.0	22.1	31.5	28.0	25.4	28.4
	65 and over	34.2	31.3	24.0	26.3	31.8	22.9	35.2	33.8	31.4
	TOTAL	42.0	39.5	44.3	38.9	39.1	39.9	40.9	39.6	39.8

(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 2009

(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 23: Organised participants — total participation in organised physical activity by state/territory and sex, 2001–2009 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Year	Number ('000)								
Males	2001	57.2	1,058.5	35.3	564.7	253.1	79.0	794.2	316.4	3,158.3
	2002	58.2	1,131.2	33.2	621.1	253.2	75.3	805.4	319.0	3,296.7
	2003	61.3	1,135.5	33.3	597.5	284.1	80.0	924.4	333.9	3,450.0
	2004	66.3	1,162.1	34.5	618.6	249.4	81.5	966.3	330.4	3,509.0
	2005	64.6	1,150.2	32.5	678.6	275.9	74.9	911.5	329.0	3,517.2
	2006	56.0	1,113.3	32.0	570.3	245.4	69.0	786.4	346.6	3,219.0
	2007	57.3	1,047.0	31.0	610.7	235.5	73.6	810.3	321.4	3,186.8
	2008	64.6	1,184.9	35.4	675.5	258.2	82.9	906.2	348.2	3,555.9
	2009	60.9	1,157.8	39.5	709.1	266.6	83.9	890.4	354.3	3,562.6
Females	2001	49.5	912.5	27.9	536.8	223.2	76.4	740.6	306.6	2,873.6
	2002	54.3	995.3	29.5	546.4	216.0	65.1	745.5	312.9	2,965.0
	2003	57.6	1,030.3	29.6	565.2	239.1	75.4	851.4	353.5	3,202.2
	2004	61.6	1,084.4	28.2	558.7	229.3	71.2	875.8	335.3	3,244.4
	2005	59.5	1,059.2	25.6	560.7	238.4	71.3	808.8	351.3	3,174.8
	2006	54.7	948.6	29.9	533.2	235.6	60.0	854.4	344.1	3,060.5
	2007	57.0	934.6	29.7	557.6	234.8	72.8	796.9	338.5	3,021.8
	2008	57.6	988.6	29.3	602.0	253.1	72.9	846.2	364.4	3,214.1
	2009	55.1	1,054.0	33.8	621.3	240.7	74.5	866.5	336.2	3,282.2
Persons	2001	106.7	1,971.0	63.2	1,101.5	476.3	155.4	1,534.8	623.0	6,031.9
	2002	112.5	2,126.5	62.7	1,167.5	469.1	140.4	1,550.9	632.0	6,261.7
	2003	118.8	2,165.8	62.9	1,162.7	523.3	155.4	1,775.8	687.5	6,652.2
	2004	127.9	2,246.5	62.6	1,177.3	478.7	152.7	1,842.0	665.7	6,753.4
	2005	124.1	2,209.5	58.2	1,239.4	514.3	146.1	1,720.3	680.2	6,692.1
	2006	110.7	2,061.9	61.9	1,103.4	481.0	129.0	1,640.8	690.7	6,279.5
	2007	114.2	1,981.6	60.6	1,168.3	470.3	146.4	1,607.3	659.9	6,208.6
	2008	122.2	2,173.5	64.8	1,277.5	511.2	155.9	1,752.4	712.6	6,770.0
	2009	116.0	2,211.8	73.3	1,330.4	507.3	158.4	1,757.0	690.6	6,844.8
Total participation rate (%) (b)										
Males	2001	47.4	41.9	48.1	40.6	43.4	44.4	42.4	42.9	42.2
	2002	48.2	44.3	45.0	43.8	43.1	42.2	42.4	42.5	43.5
	2003	50.2	43.9	45.3	41.0	47.9	44.3	47.7	43.5	44.7
	2004	53.2	44.5	47.0	41.1	41.7	44.8	49.1	42.4	44.7
	2005	51.5	43.7	44.3	43.7	45.8	40.6	45.8	41.5	44.2
	2006	44.1	42.9	42.3	37.0	40.6	37.3	39.8	44.3	40.8
	2007	44.3	39.8	39.9	38.7	38.5	39.4	40.3	40.0	39.7
	2008	49.0	44.5	44.5	41.8	41.7	44.0	44.3	42.3	43.5
	2009	44.7	42.1	46.4	41.7	41.8	43.1	42.1	40.3	41.9
Females	2001	40.0	35.5	41.5	38.2	37.1	41.1	38.4	41.5	37.7
	2002	44.1	38.3	43.8	38.0	35.7	34.8	38.2	41.6	38.4
	2003	46.2	39.2	43.8	38.2	39.2	39.8	42.9	46.0	40.8
	2004	48.3	40.9	42.6	36.6	37.4	37.2	43.7	43.0	40.8
	2005	46.6	39.7	39.2	36.0	38.7	36.8	39.9	44.4	39.4
	2006	41.3	35.1	40.9	33.5	37.4	30.9	41.7	43.3	37.5
	2007	42.3	34.2	39.6	34.3	36.8	37.2	38.2	41.7	36.4
	2008	42.1	35.7	38.2	36.2	39.3	37.0	40.0	43.9	38.1
	2009	39.3	37.1	42.1	36.0	36.5	36.8	39.7	38.8	37.7
Persons	2001	43.6	38.7	44.9	39.4	40.2	42.7	40.4	42.2	39.9
	2002	46.1	41.3	44.5	40.9	39.3	38.4	40.2	42.0	40.9
	2003	48.2	41.5	44.6	39.6	43.5	42.0	45.3	44.8	42.7
	2004	50.7	42.7	44.9	38.8	39.5	40.9	46.4	42.7	42.7
	2005	49.1	41.7	41.9	39.8	42.2	38.7	42.8	43.0	41.8
	2006	42.7	38.9	41.6	35.3	39.0	34.0	40.8	43.8	39.1
	2007	43.2	36.9	39.8	36.5	37.7	38.3	39.3	40.8	38.0
	2008	45.5	40.0	41.4	38.9	40.4	40.4	42.1	43.1	40.8
	2009	42.0	39.5	44.3	38.9	39.1	39.9	40.9	39.6	39.8

(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

(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

Table 24: Regular organised participants — regular participation in organised physical activity by state/territory and sex, 2001–2009 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Year	Number ('000)								
Males	2001	13.0	208.5	8.3	125.5	55.3	18.8	198.7	79.2	707.2
	2002	15.7	268.4	10.9	164.2	56.1	16.4	203.4	100.8	835.8
	2003	17.5	238.5	7.9	165.8	72.1	20.8	254.4	107.6	884.7
	2004	17.7	286.5	9.6	145.4	66.1	20.4	262.0	95.4	902.9
	2005	19.0	265.1	7.9	167.2	59.6	19.1	275.6	98.5	912.0
	2006	14.0	244.7	8.4	153.7	48.3	14.5	194.3	101.0	778.9
	2007	16.0	303.4	9.2	164.5	59.0	17.4	220.4	83.9	873.8
	2008	23.0	333.7	10.4	183.0	83.2	26.1	257.2	106.8	1,023.4
	2009	17.2	343.7	9.8	217.7	78.2	25.7	301.8	100.5	1,094.6
Females	2001	14.5	213.6	7.2	134.4	53.3	17.2	192.6	80.2	713.1
	2002	14.0	209.2	7.9	134.3	60.5	12.7	211.6	98.7	748.8
	2003	15.8	319.3	8.5	142.9	61.9	18.5	222.5	123.2	912.4
	2004	19.7	274.2	7.3	153.4	57.8	20.6	262.9	94.2	890.1
	2005	16.1	313.2	7.3	160.2	50.7	15.1	217.2	113.4	893.3
	2006	15.3	216.0	6.9	143.0	69.9	14.9	215.5	92.4	773.8
	2007	18.2	289.4	10.7	217.8	67.2	20.5	227.8	109.6	961.2
	2008	17.9	262.2	10.6	213.8	86.1	19.0	261.8	114.3	985.7
	2009	20.4	332.7	9.4	206.8	64.5	17.7	277.7	90.4	1,019.6
Persons	2001	27.5	422.0	15.5	259.9	108.6	36.0	391.3	159.4	1,420.2
	2002	29.7	477.6	18.9	298.5	116.6	29.0	415.0	199.4	1,584.6
	2003	33.3	557.8	16.3	308.7	134.0	39.3	476.9	230.8	1,797.0
	2004	37.4	560.7	16.8	298.8	123.9	41.0	524.9	189.5	1,793.0
	2005	35.1	578.3	15.2	327.4	110.3	34.2	492.8	211.9	1,805.3
	2006	29.3	460.6	15.3	296.7	118.2	29.4	409.8	193.5	1,552.8
	2007	34.2	592.8	19.9	382.3	126.2	37.9	448.3	193.5	1,835.0
	2008	40.9	595.8	21.0	396.9	169.3	45.1	519.0	221.0	2,009.1
	2009	37.6	676.3	19.2	424.5	142.7	43.4	579.5	190.9	2,114.1
Regular participation rate (%) (b)										
Males	2001	10.8	8.3	11.3	9.0	9.5	10.6	10.6	10.7	9.5
	2002	13.0	10.5	14.8	11.6	9.5	9.2	10.7	13.4	11.0
	2003	14.4	9.2	10.7	11.4	12.1	11.5	13.1	14.0	11.5
	2004	14.2	11.0	13.1	9.6	11.1	11.2	13.3	12.2	11.5
	2005	15.1	10.1	10.7	10.8	9.9	10.3	13.8	12.4	11.5
	2006	11.0	9.4	11.1	10.0	8.0	7.8	9.8	12.9	9.9
	2007	12.3	11.5	11.9	10.4	9.6	9.3	11.0	10.4	10.9
	2008	17.4	12.5	13.1	11.3	13.4	13.9	12.6	13.0	12.5
	2009	12.6	12.5	11.5	12.8	12.3	13.2	14.3	11.4	12.9
Females	2001	11.7	8.3	10.6	9.6	8.9	9.2	10.0	10.9	9.4
	2002	11.4	8.0	11.8	9.3	10.0	6.8	10.8	13.1	9.7
	2003	12.7	12.1	12.5	9.7	10.1	9.7	11.2	16.0	11.6
	2004	15.4	10.3	11.0	10.1	9.4	10.8	13.1	12.1	11.2
	2005	12.6	11.7	11.3	10.3	8.2	7.8	10.7	14.3	11.1
	2006	11.6	8.0	9.4	9.0	11.1	7.7	10.5	11.6	9.5
	2007	13.5	10.6	14.3	13.4	10.5	10.5	10.9	13.5	11.6
	2008	13.1	9.5	13.8	12.8	13.4	9.6	12.4	13.8	11.7
	2009	14.6	11.7	11.8	12.0	9.8	8.7	12.7	10.4	11.7
Persons	2001	11.3	8.3	11.0	9.3	9.2	9.9	10.3	10.8	9.4
	2002	12.2	9.3	13.4	10.5	9.8	7.9	10.8	13.3	10.4
	2003	13.5	10.7	11.6	10.5	11.1	10.6	12.2	15.0	11.5
	2004	14.8	10.6	12.1	9.9	10.2	11.0	13.2	12.2	11.3
	2005	13.9	10.9	11.0	10.5	9.0	9.0	12.3	13.4	11.3
	2006	11.3	8.7	10.3	9.5	9.6	7.7	10.2	12.3	9.7
	2007	12.9	11.1	13.1	11.9	10.1	9.9	11.0	12.0	11.2
	2008	15.2	11.0	13.5	12.1	13.4	11.7	12.5	13.4	12.1
	2009	13.6	12.1	11.6	12.4	11.0	10.9	13.5	10.9	12.3

(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

(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

Table 25: Fitness and leisure participants — total participation in physical activities organised by fitness, leisure and indoor sports centres by state/territory, age and sex, 2009 (a) (c)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	4.3	96.5	3.0	58.3	28.1	8.6	91.5	43.4	333.6
	25 to 34	5.0	77.8	*1.2	53.6	16.9	*3.9	79.3	24.0	261.7
	35 to 44	2.4	58.8	2.1	37.7	14.5	*3.5	39.3	23.0	181.3
	45 to 54	2.2	*33.0	*1.2	24.5	*4.9	*3.8	31.9	*13.0	114.5
	55 to 64	*1.1	*23.8	**0.5	*15.5	*5.5	*1.6	19.1	**2.9	70.1
	65 and over	*1.4	*11.5	**0.1	*7.4	*5.9	**0.7	19.1	*9.1	55.2
	TOTAL	16.6	301.5	8.0	196.9	75.8	22.1	280.2	115.5	1,016.4
Females	15 to 24	6.0	134.1	4.0	76.6	24.8	9.1	97.7	46.2	398.5
	25 to 34	6.2	110.3	4.9	56.6	17.7	5.0	87.5	43.3	331.3
	35 to 44	5.7	113.9	3.4	59.9	16.5	*3.2	82.5	28.0	313.1
	45 to 54	3.7	78.6	2.3	30.9	21.9	4.4	60.3	29.0	231.1
	55 to 64	3.2	51.2	*0.8	25.2	*12.0	*3.5	43.7	16.6	156.3
	65 and over	3.1	48.4	*0.7	24.3	16.5	*3.2	47.6	16.6	160.4
	TOTAL	27.8	536.6	16.2	273.4	109.4	28.3	419.3	179.7	1,590.7
Persons	15 to 24	10.3	230.6	7.0	134.9	52.8	17.7	189.1	89.7	732.2
	25 to 34	11.2	188.0	6.1	110.2	34.6	8.9	166.8	67.3	593.0
	35 to 44	8.1	172.8	5.5	97.6	31.1	6.7	121.8	51.0	494.4
	45 to 54	5.9	111.6	3.5	55.3	26.8	8.2	92.2	42.0	345.7
	55 to 64	4.3	75.1	*1.3	40.6	17.5	5.1	62.8	19.5	226.3
	65 and over	4.5	60.0	*0.8	31.6	22.4	*3.9	66.7	25.7	215.6
	TOTAL	44.4	838.1	24.1	470.3	185.2	50.5	699.4	295.2	2,607.1
Total participation rate (%) (b)										
Males	15 to 24	16.9	20.2	17.0	19.1	25.6	25.9	24.2	27.6	22.2
	25 to 34	18.0	16.0	*6.3	17.9	16.3	*14.0	20.9	15.3	17.5
	35 to 44	9.5	12.0	12.1	12.2	13.1	*10.9	10.2	13.9	11.8
	45 to 54	9.7	*6.9	*8.0	8.3	*4.4	*10.6	8.8	*8.4	7.8
	55 to 64	*6.0	*6.0	**4.2	*6.3	*5.8	*5.1	6.5	**2.3	5.8
	65 and over	*9.2	*2.7	**1.5	*3.0	*5.6	**2.0	6.0	*7.6	4.3
	TOTAL	12.1	11.0	9.4	11.6	11.9	11.4	13.2	13.1	12.0
Females	15 to 24	24.5	28.9	25.4	25.9	23.5	28.8	27.0	31.0	27.5
	25 to 34	22.3	22.4	26.5	19.0	17.5	17.1	23.1	28.9	22.2
	35 to 44	21.9	22.7	20.1	18.9	14.8	*9.3	20.8	17.5	20.0
	45 to 54	15.1	16.1	15.9	10.2	19.0	12.0	16.2	18.9	15.3
	55 to 64	16.5	12.8	*8.8	10.2	*12.0	*10.7	14.4	13.7	12.7
	65 and over	17.0	9.8	*13.9	9.1	13.1	*8.4	12.9	12.6	11.1
	TOTAL	19.9	18.9	20.1	15.9	16.6	14.0	19.2	20.8	18.3
Persons	15 to 24	20.7	24.5	21.0	22.4	24.5	27.3	25.6	29.3	24.8
	25 to 34	20.2	19.3	16.5	18.4	16.9	15.6	22.0	22.0	19.8
	35 to 44	15.8	17.4	16.0	15.6	14.0	10.1	15.5	15.7	16.0
	45 to 54	12.5	11.6	11.9	9.3	11.8	11.3	12.6	13.6	11.6
	55 to 64	11.3	9.4	*6.3	8.2	8.9	7.9	10.5	7.9	9.2
	65 and over	13.4	6.5	*7.2	6.2	9.7	*5.4	9.7	10.2	7.9
	TOTAL	16.1	15.0	14.6	13.7	14.3	12.7	16.3	16.9	15.2

(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 2009

(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 26: Club-based participants — total participation in physical activities organised by sport or recreation clubs or associations by state/territory, age and sex, 2009 (a) (c)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	11.1	191.0	8.8	144.3	51.1	18.7	203.2	54.0	682.1
	25 to 34	10.0	174.4	7.8	99.8	44.3	12.5	121.7	52.4	523.0
	35 to 44	7.8	141.4	5.9	100.9	38.4	11.6	106.6	54.7	467.3
	45 to 54	6.8	136.9	3.3	60.3	25.2	11.6	92.4	38.8	375.2
	55 to 64	3.3	75.8	2.7	53.2	14.5	8.7	57.1	27.6	243.0
	65 and over	3.8	95.5	*0.9	48.1	25.8	6.4	77.7	26.3	284.6
	TOTAL		43.0	815.0	29.4	506.7	199.3	69.5	658.7	253.7
Females	15 to 24	6.7	174.3	6.4	90.6	35.3	14.4	135.7	56.5	519.9
	25 to 34	3.6	75.9	5.4	62.7	23.5	5.0	73.3	25.3	274.6
	35 to 44	4.3	72.1	3.0	58.8	23.9	7.2	70.2	32.0	271.7
	45 to 54	3.1	96.2	2.2	28.3	15.7	6.5	62.5	20.9	235.4
	55 to 64	3.1	56.5	*1.2	33.2	*9.6	*3.7	42.6	*11.9	161.8
	65 and over	2.4	84.8	*1.2	37.5	18.6	4.4	68.3	22.8	239.8
	TOTAL		23.2	559.8	19.4	311.1	126.6	41.2	452.6	169.5
Persons	15 to 24	17.9	365.3	15.2	234.8	86.3	33.1	338.9	110.5	1,202.1
	25 to 34	13.6	250.3	13.2	162.5	67.8	17.5	195.0	77.7	797.6
	35 to 44	12.1	213.5	8.9	159.7	62.3	18.8	176.8	86.7	739.0
	45 to 54	9.9	233.1	5.4	88.6	40.9	18.2	154.9	59.6	610.6
	55 to 64	6.4	132.3	4.0	86.4	24.1	12.4	99.7	39.5	404.8
	65 and over	6.2	180.2	2.1	85.6	44.4	10.8	146.0	49.1	524.5
	TOTAL		66.1	1,374.7	48.8	817.8	325.9	110.7	1,111.3	423.2
Total participation rate (%) (b)										
Males	15 to 24	43.7	39.9	50.4	47.2	46.5	56.3	53.9	34.3	45.3
	25 to 34	36.0	36.0	42.5	33.4	42.9	44.9	32.1	33.4	34.9
	35 to 44	30.7	28.9	34.1	32.6	34.7	35.9	27.6	33.2	30.4
	45 to 54	29.4	28.7	21.4	20.6	22.4	32.6	25.6	24.9	25.5
	55 to 64	17.9	19.2	24.8	21.5	15.2	27.2	19.5	22.1	20.0
	65 and over	24.5	22.3	*15.5	19.8	24.3	19.2	24.5	22.0	22.4
	TOTAL		31.5	29.6	34.5	29.8	31.2	35.7	31.1	28.9
Females	15 to 24	27.6	37.6	40.3	30.6	33.4	45.8	37.5	37.9	35.9
	25 to 34	13.0	15.4	29.2	21.0	23.2	17.1	19.3	16.9	18.4
	35 to 44	16.7	14.4	18.1	18.6	21.4	21.2	17.7	20.1	17.4
	45 to 54	12.7	19.7	15.1	9.4	13.7	17.6	16.8	13.6	15.6
	55 to 64	15.8	14.1	*13.2	13.5	*9.6	*11.3	14.0	*9.8	13.1
	65 and over	13.0	17.1	*21.9	14.1	14.8	11.5	18.5	17.3	16.5
	TOTAL		16.5	19.7	24.2	18.0	19.2	20.4	20.7	19.6
Persons	15 to 24	35.8	38.8	45.6	39.1	40.1	51.2	45.8	36.1	40.7
	25 to 34	24.6	25.6	35.8	27.2	33.2	30.7	25.7	25.4	26.7
	35 to 44	23.6	21.6	26.2	25.5	28.0	28.4	22.6	26.7	23.8
	45 to 54	20.8	24.1	18.4	14.9	18.0	25.0	21.2	19.3	20.5
	55 to 64	16.8	16.6	19.5	17.5	12.3	19.1	16.7	16.0	16.5
	65 and over	18.3	19.5	18.4	16.8	19.2	15.1	21.3	19.6	19.3
	TOTAL		23.9	24.6	29.5	23.9	25.1	27.9	25.9	24.3

(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 2009

(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

10.3 2009 state/territory tables

10.3.1 Australian Capital Territory

Table 27: Australian Capital Territory participants — total participation in physical activity by type of participation, age and sex, 2009 (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	4.8	7.1	11.5	16.3	18.5	23.4
	25 to 34	2.4	12.7	11.4	13.8	24.1	26.5
	35 to 44	*1.4	11.0	10.4	11.8	21.5	22.8
	45 to 54	*1.8	11.2	7.3	9.0	18.5	20.2
	55 to 64	*0.7	10.7	3.8	4.6	14.6	15.3
	65 and over	*1.5	7.3	3.9	5.4	11.2	12.6
	TOTAL		12.6	60.0	48.3	60.9	108.3
Females	15 to 24	4.5	8.4	9.4	13.9	17.8	22.3
	25 to 34	*2.1	13.5	8.5	10.6	22.0	24.2
	35 to 44	2.4	12.4	8.0	10.3	20.4	22.8
	45 to 54	*1.2	13.3	6.3	7.5	19.7	20.9
	55 to 64	*1.6	9.5	4.8	6.4	14.3	15.9
	65 and over	*2.0	8.3	4.2	6.2	12.5	14.6
	TOTAL		13.9	65.5	41.2	55.1	106.7
Persons	15 to 24	9.4	15.5	20.9	30.2	36.4	45.7
	25 to 34	4.6	26.3	19.9	24.4	46.1	50.7
	35 to 44	3.7	23.4	18.4	22.2	41.8	45.6
	45 to 54	2.9	24.5	13.6	16.6	38.1	41.1
	55 to 64	2.4	20.2	8.6	11.0	28.8	31.2
	65 and over	3.5	15.6	8.1	11.6	23.7	27.2
	TOTAL		26.4	125.5	89.5	116.0	215.0
Total participation rate (%) (b)							
Males	15 to 24	18.9	27.7	45.1	64.0	72.8	91.7
	25 to 34	8.7	45.6	40.7	49.3	86.2	94.9
	35 to 44	*5.4	43.3	41.0	46.5	84.3	89.7
	45 to 54	*7.6	48.3	31.5	39.1	79.8	87.4
	55 to 64	*4.0	57.5	20.6	24.6	78.1	82.1
	65 and over	*9.3	46.4	24.9	34.2	71.3	80.6
	TOTAL		9.2	44.0	35.4	44.7	79.5
Females	15 to 24	18.5	34.4	38.4	56.9	72.8	91.3
	25 to 34	*7.8	49.1	30.8	38.6	79.9	87.6
	35 to 44	9.1	47.9	30.8	40.0	78.7	87.9
	45 to 54	*4.8	54.6	26.0	30.8	80.6	85.4
	55 to 64	*8.3	48.6	24.6	32.9	73.2	81.5
	65 and over	*11.1	45.7	23.1	34.2	68.8	79.9
	TOTAL		9.9	46.8	29.4	39.3	76.2
Persons	15 to 24	18.7	31.0	41.8	60.5	72.8	91.5
	25 to 34	8.2	47.3	35.8	44.0	83.1	91.3
	35 to 44	7.3	45.6	35.9	43.2	81.5	88.8
	45 to 54	6.2	51.6	28.7	34.8	80.2	86.4
	55 to 64	6.2	53.0	22.6	28.8	75.6	81.8
	65 and over	10.3	46.0	23.9	34.2	69.9	80.2
	TOTAL		9.6	45.4	32.4	42.0	77.8

(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 2009

(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

Table 28: Australian Capital Territory participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	23.4	91.7	22.3	91.3	45.7	91.5
25 to 34	26.5	94.9	24.2	87.6	50.7	91.3
35 to 44	22.8	89.7	22.8	87.9	45.6	88.8
45 to 54	20.2	87.4	20.9	85.4	41.1	86.4
55 to 64	15.3	82.1	15.9	81.5	31.2	81.8
65 and over	12.6	80.6	14.6	79.9	27.2	80.2
REGION						
Capital city	120.9	88.7	120.6	86.1	241.4	87.4
EMPLOYMENT STATUS						
Employed full time	81.7	90.6	48.7	86.6	130.4	89.1
Employed part time	16.6	87.0	35.9	89.3	52.5	88.5
Employed refused	**0.4	**76.9	**0.5	**100.0	*0.8	*88.2
Total employed	98.7	89.9	85.0	87.8	183.8	88.9
Unemployed	4.0	92.6	3.5	84.2	7.5	88.5
Not in the labour force	18.1	81.7	32.1	82.1	50.2	81.9
MARITAL STATUS						
Married	74.8	89.5	67.3	85.4	142.1	87.5
Not married	45.8	87.4	52.9	87.1	98.8	87.2
Refused/Do not know	**0.2	**100.0	**0.3	**76.9	*0.5	*83.6
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	37.3	91.7	39.9	84.0	77.2	87.6
At least one under 18 — none at home	*1.8	*93.2	**0.3	**52.9	*2.1	*84.7
No children under 18	81.6	87.3	80.4	87.3	162.0	87.3
Refused	**0.2	**100.0	**0.0	**0.0	**0.2	**100.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	51.6	92.6	47.4	91.6	99.0	92.1
Undergraduate diploma or associate diploma	11.8	93.2	12.9	92.4	24.7	92.8
Certificate, trade qualification or apprenticeship	12.4	85.3	13.1	77.4	25.5	81.0
Highest level of secondary school	27.1	87.6	24.3	84.4	51.4	86.0
Did not complete highest level of school	11.9	76.4	14.4	78.1	26.3	77.3
Still at secondary school	4.8	88.3	6.1	100.0	10.9	94.5
Other	*0.9	*87.7	*2.2	*61.0	3.1	67.1
Refused	**0.3	**100.0	**0.2	**44.4	*0.6	*64.9
INDIGENOUS STATUS						
Indigenous	*1.8	*100.0	**0.3	**57.4	*2.1	*90.0
Non-Indigenous	119.0	88.5	119.7	86.3	238.7	87.4
Refused	**0.0	**0.0	*0.5	*63.3	*0.5	*63.3
LANGUAGE SPOKEN AT HOME						
English only	107.3	89.8	106.7	87.8	214.0	88.8
European language/s other than English	3.6	86.7	5.3	78.3	9.0	81.5
Non-European language/s	10.2	79.0	8.9	72.7	19.1	75.9
Total	120.9	88.7	120.6	86.1	241.4	87.4

(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 2009

(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 29: All Australian Capital Territory persons — participation in any physical activity by frequency, age and sex, 2009 (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	*2.1	3.5	6.7	4.1	9.1	**0.0	25.5
	25 to 34	*1.4	4.6	8.6	4.9	8.4	**0.0	27.9
	35 to 44	2.6	4.8	5.0	5.4	7.6	**0.0	25.4
	45 to 54	2.9	3.7	5.1	4.6	6.8	**0.0	23.1
	55 to 64	3.3	*1.5	3.6	3.8	6.4	**0.0	18.6
	65 and over	3.0	*2.0	*2.1	3.7	4.8	**0.0	15.7
	TOTAL		15.4	20.0	31.1	26.6	43.1	**0.0
Females	15 to 24	*2.1	*2.2	6.7	6.5	7.0	**0.0	24.5
	25 to 34	3.4	2.4	6.1	6.9	8.6	**0.2	27.6
	35 to 44	3.1	2.4	6.6	6.0	7.6	**0.1	25.9
	45 to 54	3.6	*1.3	4.6	6.0	8.9	**0.0	24.4
	55 to 64	3.6	*1.6	3.1	4.5	6.7	**0.0	19.5
	65 and over	3.7	*0.7	3.5	4.8	5.6	**0.0	18.2
	TOTAL		19.5	10.5	30.7	34.7	44.3	**0.3
Persons	15 to 24	4.2	5.7	13.4	10.6	16.0	**0.0	49.9
	25 to 34	4.8	7.0	14.7	11.8	17.0	**0.2	55.5
	35 to 44	5.7	7.2	11.6	11.4	15.2	**0.1	51.3
	45 to 54	6.5	5.0	9.7	10.6	15.7	**0.0	47.5
	55 to 64	6.9	3.1	6.7	8.3	13.1	**0.0	38.1
	65 and over	6.7	2.7	5.6	8.6	10.4	**0.0	33.9
	TOTAL		34.9	30.5	61.8	61.4	87.4	**0.3
Percentage of row (%)								
Males	15 to 24	*8.3	13.6	26.4	16.2	35.6	**0.0	100.0
	25 to 34	*5.1	16.5	30.8	17.6	30.0	**0.0	100.0
	35 to 44	10.3	18.7	19.6	21.4	30.0	**0.0	100.0
	45 to 54	12.6	16.0	22.0	19.8	29.5	**0.0	100.0
	55 to 64	17.9	*8.0	19.2	20.5	34.4	**0.0	100.0
	65 and over	19.4	*12.6	*13.4	23.8	30.8	**0.0	100.0
	TOTAL		11.3	14.7	22.8	19.5	31.7	**0.0
Females	15 to 24	*8.7	*9.0	27.5	26.4	28.4	**0.0	100.0
	25 to 34	12.4	8.7	22.1	25.0	31.1	**0.7	100.0
	35 to 44	12.1	9.2	25.7	23.1	29.4	**0.5	100.0
	45 to 54	14.6	*5.2	19.0	24.7	36.4	**0.0	100.0
	55 to 64	18.5	*8.2	15.8	23.2	34.4	**0.0	100.0
	65 and over	20.1	*3.8	19.1	26.5	30.5	**0.0	100.0
	TOTAL		13.9	7.5	21.9	24.8	31.6	**0.2
Persons	15 to 24	8.5	11.3	26.9	21.2	32.1	**0.0	100.0
	25 to 34	8.7	12.6	26.5	21.3	30.6	**0.4	100.0
	35 to 44	11.2	13.9	22.7	22.3	29.7	**0.3	100.0
	45 to 54	13.6	10.5	20.5	22.4	33.1	**0.0	100.0
	55 to 64	18.2	8.1	17.5	21.9	34.4	**0.0	100.0
	65 and over	19.8	7.8	16.5	25.3	30.6	**0.0	100.0
	TOTAL		12.6	11.0	22.3	22.2	31.6	**0.1

(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 30: Australian Capital Territory participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (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	3.5	19.9	17.3	13.2	23.4
	25 to 34	4.6	21.9	17.0	13.3	26.5
	35 to 44	4.8	18.1	16.0	13.1	22.8
	45 to 54	3.7	16.5	13.7	11.4	20.2
	55 to 64	*1.5	13.8	12.2	10.2	15.3
	65 and over	*2.0	10.7	10.0	8.6	12.6
	TOTAL	20.0	100.9	86.1	69.8	120.9
Females	15 to 24	*2.2	20.1	16.4	13.4	22.3
	25 to 34	2.4	21.6	19.1	15.5	24.2
	35 to 44	2.4	20.2	17.1	13.6	22.8
	45 to 54	*1.3	19.6	17.6	14.9	20.9
	55 to 64	*1.6	14.3	12.8	11.2	15.9
	65 and over	*0.7	13.9	12.6	10.4	14.6
	TOTAL	10.5	109.7	95.6	79.0	120.6
Persons	15 to 24	5.7	40.0	33.7	26.6	45.7
	25 to 34	7.0	43.5	36.0	28.8	50.7
	35 to 44	7.2	38.3	33.1	26.7	45.6
	45 to 54	5.0	36.1	31.3	26.4	41.1
	55 to 64	3.1	28.1	25.0	21.4	31.2
	65 and over	2.7	24.6	22.6	19.0	27.2
	TOTAL	30.5	210.6	181.7	148.8	241.4
Total participation rate (%) (c)						
Males	15 to 24	13.6	78.2	67.9	51.8	91.7
	25 to 34	16.5	78.4	60.7	47.6	94.9
	35 to 44	18.7	71.0	62.9	51.4	89.7
	45 to 54	16.0	71.4	59.2	49.4	87.4
	55 to 64	*8.0	74.2	65.4	54.9	82.1
	65 and over	*12.6	68.0	63.5	54.6	80.6
	TOTAL	14.7	74.0	63.2	51.2	88.7
Females	15 to 24	*9.0	82.3	66.9	54.8	91.3
	25 to 34	8.7	78.2	69.1	56.1	87.6
	35 to 44	9.2	78.2	66.0	52.5	87.9
	45 to 54	*5.2	80.2	72.2	61.2	85.4
	55 to 64	*8.2	73.4	65.8	57.5	81.5
	65 and over	*3.8	76.1	69.3	57.0	79.9
	TOTAL	7.5	78.3	68.2	56.4	86.1
Persons	15 to 24	11.3	80.2	67.4	53.3	91.5
	25 to 34	12.6	78.3	64.9	51.9	91.3
	35 to 44	13.9	74.6	64.5	51.9	88.8
	45 to 54	10.5	75.9	65.9	55.4	86.4
	55 to 64	8.1	73.8	65.6	56.3	81.8
	65 and over	7.8	72.3	66.6	55.9	80.2
	TOTAL	11.0	76.2	65.7	53.8	87.4

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with at least that frequency (for example, 181,700 Australian Capital Territory persons engaged in physical activity **at least** twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 31: Australian Capital Territory recent participants — recent participation in any physical activity by duration and age, 2009 (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	13.8	10.3	6.6	9.2	8.0	7.3	55.2
	Two or three sessions weekly	*2.2	*1.6	*1.0	*0.9	*0.8	*1.3	7.8
	Less than two sessions weekly	**0.4	**0.3	**0.1	**0.0	**0.5	**0.2	*1.6
	<i>Total</i>	16.4	12.2	7.8	10.1	9.3	8.7	64.6
Two hours or more but less than five hours	More than three sessions weekly	5.8	8.3	9.5	9.6	7.0	5.8	46.1
	Two or three sessions weekly	6.7	6.4	5.5	3.0	3.0	2.5	27.1
	Less than two sessions weekly	*1.0	*0.7	*1.2	*1.3	**0.5	*1.4	6.1
	<i>Total</i>	13.5	15.5	16.1	13.9	10.5	9.7	79.3
Less than two hours	More than three sessions weekly	**0.5	*1.1	*1.6	2.3	*0.6	**0.2	6.3
	Two or three sessions weekly	2.2	6.6	4.6	3.9	2.4	2.3	22.0
	Less than two sessions weekly	7.2	9.3	8.7	6.7	4.3	3.6	39.8
	<i>Total</i>	9.9	17.0	14.9	13.0	7.3	6.1	68.1
Total	More than three sessions weekly	20.1	19.7	17.7	21.1	15.6	13.3	107.6
	Two or three sessions weekly	11.1	14.5	11.1	7.9	6.3	6.1	57.0
	Less than two sessions weekly	8.6	10.4	10.1	8.0	5.3	5.1	47.5
	Total	39.8	44.6	38.9	37.1	27.2	24.5	212.1
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	6.5	4.9	3.1	4.3	3.8	3.4	26.0
	Two or three sessions weekly	*1.0	*0.7	*0.5	*0.4	*0.4	*0.6	3.7
	Less than two sessions weekly	**0.2	**0.2	**0.1	**0.0	**0.2	**0.1	*0.7
	<i>Total</i>	7.7	5.8	3.7	4.8	4.4	4.1	30.5
Two hours or more but less than five hours	More than three sessions weekly	2.7	3.9	4.5	4.5	3.3	2.8	21.7
	Two or three sessions weekly	3.1	3.0	2.6	1.4	1.4	1.2	12.8
	Less than two sessions weekly	*0.5	*0.3	*0.6	*0.6	**0.2	*0.6	2.9
	<i>Total</i>	6.4	7.3	7.6	6.6	5.0	4.6	37.4
Less than two hours	More than three sessions weekly	**0.2	*0.5	*0.7	1.1	*0.3	**0.1	3.0
	Two or three sessions weekly	1.1	3.1	2.2	1.9	1.1	1.1	10.4
	Less than two sessions weekly	3.4	4.4	4.1	3.2	2.0	1.7	18.8
	<i>Total</i>	4.7	8.0	7.0	6.1	3.5	2.9	32.1
Total	More than three sessions weekly	9.5	9.3	8.3	10.0	7.4	6.3	50.7
	Two or three sessions weekly	5.2	6.9	5.2	3.7	3.0	2.9	26.9
	Less than two sessions weekly	4.1	4.9	4.8	3.8	2.5	2.4	22.4
	Total	18.8	21.0	18.3	17.5	12.8	11.6	100.0

(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 2009

* 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 32: Australian Capital Territory regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Regular participation rate (b) (%)	Number (‘000)	Regular participation rate (%)	Number (‘000)	Regular participation rate (%)
AGE GROUP (YEARS)						
15 to 24	13.2	51.8	13.4	54.8	26.6	53.3
25 to 34	13.3	47.6	15.5	56.1	28.8	51.9
35 to 44	13.1	51.4	13.6	52.5	26.7	51.9
45 to 54	11.4	49.4	14.9	61.2	26.4	55.4
55 to 64	10.2	54.9	11.2	57.5	21.4	56.3
65 and over	8.6	54.6	10.4	57.0	19.0	55.9
REGION						
Capital city	69.8	51.2	79.0	56.4	148.8	53.8
EMPLOYMENT STATUS						
Employed full time	45.4	50.3	32.8	58.3	78.2	53.4
Employed part time	10.1	52.8	22.4	55.6	32.5	54.7
Employed refused	**0.3	**53.8	**0.5	**100.0	*0.7	*76.4
Total employed	55.8	50.8	55.6	57.4	111.4	53.9
Unemployed	*1.7	*39.3	2.7	64.9	4.4	51.8
Not in the labour force	12.3	55.6	20.7	53.1	33.0	54.0
MARITAL STATUS						
Married	41.6	49.8	43.5	55.2	85.2	52.4
Not married	28.2	53.7	35.2	58.0	63.4	56.0
Refused/Do not know	**0.0	**0.0	**0.2	**54.6	**0.2	**38.7
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	20.5	50.4	23.2	48.8	43.7	49.5
At least one under 18 — none at home	*1.0	*52.5	**0.3	**52.9	*1.3	*52.6
No children under 18	48.1	51.4	55.6	60.4	103.7	55.9
Refused	**0.2	**100.0	**0.0	**0.0	**0.2	**100.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	30.6	54.9	31.8	61.4	62.4	58.0
Undergraduate diploma or associate diploma	7.4	58.6	8.2	59.1	15.7	58.9
Certificate, trade qualification or apprenticeship	6.2	42.6	8.3	49.1	14.5	46.1
Highest level of secondary school	16.4	53.1	15.9	55.2	32.3	54.1
Did not complete highest level of school	6.7	43.1	8.7	47.4	15.5	45.4
Still at secondary school	*1.5	*27.8	4.4	71.9	5.9	51.0
Other	*0.8	*74.8	*1.5	*43.1	2.3	50.4
Refused	**0.1	**42.0	**0.1	**26.5	**0.3	**32.2
INDIGENOUS STATUS						
Indigenous	*1.1	*61.2	**0.1	**18.9	*1.2	*51.3
Non-Indigenous	68.7	51.1	78.5	56.6	147.2	53.9
Refused	**0.0	**0.0	**0.4	**49.8	**0.4	**49.8
LANGUAGE SPOKEN AT HOME						
English only	61.7	51.7	68.6	56.4	130.4	54.1
European language/s other than English	*1.6	*38.3	3.8	55.9	5.4	49.2
Non-European language/s	6.4	50.0	6.8	55.6	13.3	52.7
Total	69.8	51.2	79.0	56.4	148.8	53.8

(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 2009

(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 33: Australian Capital Territory organised participants — participation in organised physical activity by frequency, age and sex, 2009 (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	9.2	4.6	4.8	3.3	3.7	**0.0	25.5
	25 to 34	14.2	5.9	4.5	*1.9	*1.5	**0.0	27.9
	35 to 44	13.6	5.5	3.7	*1.7	*0.8	**0.0	25.4
	45 to 54	14.1	4.2	2.5	*0.9	*1.3	**0.0	23.1
	55 to 64	14.0	*1.6	*2.0	*0.8	**0.2	**0.0	18.6
	65 and over	10.3	*1.3	3.1	*0.8	**0.2	**0.0	15.7
	TOTAL		75.4	23.1	20.6	9.4	7.8	**0.0
Females	15 to 24	10.5	3.7	3.7	3.7	2.7	**0.0	24.5
	25 to 34	16.9	4.0	3.6	*2.0	*1.1	**0.0	27.6
	35 to 44	15.5	3.3	3.6	2.9	*0.6	**0.0	25.9
	45 to 54	16.9	2.2	2.2	*2.0	*1.1	**0.0	24.4
	55 to 64	13.1	*1.5	*2.2	*1.8	*0.9	**0.0	19.5
	65 and over	12.0	*1.7	3.0	*1.3	**0.2	**0.0	18.2
	TOTAL		85.0	16.4	18.3	13.7	6.7	**0.0
Persons	15 to 24	19.7	8.3	8.5	7.0	6.4	**0.0	49.9
	25 to 34	31.1	9.8	8.0	3.9	2.6	**0.0	55.5
	35 to 44	29.2	8.8	7.3	4.6	*1.5	**0.0	51.3
	45 to 54	31.0	6.4	4.8	3.0	2.4	**0.0	47.5
	55 to 64	27.1	3.1	4.1	2.5	*1.2	**0.0	38.1
	65 and over	22.3	3.0	6.1	*2.1	**0.4	**0.0	33.9
	TOTAL		160.4	39.5	38.9	23.1	14.5	**0.0
Percentage of row (%)								
Males	15 to 24	36.0	18.0	18.7	12.8	14.5	**0.0	100.0
	25 to 34	50.7	21.0	16.0	*7.0	*5.4	**0.0	100.0
	35 to 44	53.5	21.7	14.6	*6.8	*3.3	**0.0	100.0
	45 to 54	60.9	18.2	11.0	*4.1	*5.8	**0.0	100.0
	55 to 64	75.4	*8.7	*10.5	*4.0	**1.3	**0.0	100.0
	65 and over	65.8	*8.5	19.9	*4.8	**1.0	**0.0	100.0
	TOTAL		55.3	17.0	15.1	6.9	5.7	**0.0
Females	15 to 24	43.1	15.3	15.3	15.1	11.2	**0.0	100.0
	25 to 34	61.4	14.4	12.9	*7.1	*4.1	**0.0	100.0
	35 to 44	60.0	12.6	13.9	11.2	*2.3	**0.0	100.0
	45 to 54	69.2	9.0	9.1	*8.3	*4.4	**0.0	100.0
	55 to 64	67.1	*7.7	*11.2	*9.2	*4.8	**0.0	100.0
	65 and over	65.8	*9.1	16.5	*7.3	**1.3	**0.0	100.0
	TOTAL		60.7	11.7	13.1	9.8	4.8	**0.0
Persons	15 to 24	39.5	16.7	17.0	13.9	12.9	**0.0	100.0
	25 to 34	56.0	17.7	14.5	7.0	4.8	**0.0	100.0
	35 to 44	56.8	17.1	14.2	9.0	*2.8	**0.0	100.0
	45 to 54	65.2	13.5	10.0	6.2	5.1	**0.0	100.0
	55 to 64	71.2	8.2	10.9	6.7	*3.1	**0.0	100.0
	65 and over	65.8	8.8	18.1	*6.2	**1.1	**0.0	100.0
	TOTAL		58.0	14.3	14.1	8.4	5.2	**0.0

(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 34: Australian Capital Territory organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (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	4.6	11.7	10.0	7.0	16.3
	25 to 34	5.9	7.9	5.1	3.4	13.8
	35 to 44	5.5	6.3	4.3	2.6	11.8
	45 to 54	4.2	4.8	3.5	2.3	9.0
	55 to 64	*1.6	3.0	*2.1	*1.0	4.6
	65 and over	*1.3	4.0	2.8	*0.9	5.4
	TOTAL	23.1	37.7	27.8	17.2	60.9
Females	15 to 24	3.7	10.2	7.1	6.4	13.9
	25 to 34	4.0	6.7	5.2	3.1	10.6
	35 to 44	3.3	7.1	5.1	3.5	10.3
	45 to 54	2.2	5.3	4.1	3.1	7.5
	55 to 64	*1.5	4.9	4.1	2.7	6.4
	65 and over	*1.7	4.6	3.4	*1.6	6.2
	TOTAL	16.4	38.7	29.0	20.4	55.1
Persons	15 to 24	8.3	21.9	17.1	13.4	30.2
	25 to 34	9.8	14.6	10.3	6.5	24.4
	35 to 44	8.8	13.4	9.4	6.1	22.2
	45 to 54	6.4	10.1	7.7	5.4	16.6
	55 to 64	3.1	7.9	6.2	3.7	11.0
	65 and over	3.0	8.6	6.2	2.5	11.6
	TOTAL	39.5	76.5	56.8	37.6	116.0
Total participation rate (%) (c)						
Males	15 to 24	18.0	46.0	39.2	27.3	64.0
	25 to 34	21.0	28.4	18.2	12.3	49.3
	35 to 44	21.7	24.7	17.0	10.1	46.5
	45 to 54	18.2	20.8	15.3	9.9	39.1
	55 to 64	*8.7	15.9	*11.2	*5.3	24.6
	65 and over	*8.5	25.7	17.9	*5.8	34.2
	TOTAL	17.0	27.7	20.4	12.6	44.7
Females	15 to 24	15.3	41.6	29.0	26.3	56.9
	25 to 34	14.4	24.1	19.0	11.2	38.6
	35 to 44	12.6	27.4	19.7	13.5	40.0
	45 to 54	9.0	21.8	16.9	12.7	30.8
	55 to 64	*7.7	25.2	21.0	14.0	32.9
	65 and over	*9.1	25.1	18.5	*8.5	34.2
	TOTAL	11.7	27.6	20.7	14.6	39.3
Persons	15 to 24	16.7	43.9	34.2	26.8	60.5
	25 to 34	17.7	26.3	18.6	11.8	44.0
	35 to 44	17.1	26.1	18.3	11.9	43.2
	45 to 54	13.5	21.3	16.1	11.3	34.8
	55 to 64	8.2	20.6	16.2	9.7	28.8
	65 and over	8.8	25.3	18.2	7.3	34.2
	TOTAL	14.3	27.7	20.6	13.6	42.0

- (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 2009
- (b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 56,800 Australian Capital Territory persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)
- (c) 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 35: Australian Capital Territory organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (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	4.3	11.1	*0.9	4.0	2.9	16.3
	25 to 34	5.0	10.0	*1.6	**0.0	*2.0	13.8
	35 to 44	2.4	7.8	*1.4	**0.3	2.6	11.8
	45 to 54	2.2	6.8	**0.3	**0.0	2.8	9.0
	55 to 64	*1.1	3.3	**0.3	**0.0	*0.9	4.6
	65 and over	*1.4	3.8	**0.0	**0.0	*1.0	5.4
	TOTAL		16.6	43.0	4.5	4.3	12.2
Females	15 to 24	6.0	6.7	*0.8	6.8	*2.0	13.9
	25 to 34	6.2	3.6	*0.9	**0.0	2.7	10.6
	35 to 44	5.7	4.3	*1.6	**0.3	*2.0	10.3
	45 to 54	3.7	3.1	*0.6	**0.4	*1.8	7.5
	55 to 64	3.2	3.1	**0.0	**0.0	2.3	6.4
	65 and over	3.1	2.4	**0.0	**0.0	*2.1	6.2
	TOTAL		27.8	23.2	4.0	7.5	12.9
Persons	15 to 24	10.3	17.9	*1.7	10.8	4.9	30.2
	25 to 34	11.2	13.6	2.5	**0.0	4.7	24.4
	35 to 44	8.1	12.1	3.1	*0.6	4.7	22.2
	45 to 54	5.9	9.9	*0.9	**0.4	4.5	16.6
	55 to 64	4.3	6.4	**0.3	**0.0	3.2	11.0
	65 and over	4.5	6.2	**0.0	**0.0	3.0	11.6
	TOTAL		44.4	66.1	8.4	11.8	25.0
Total participation rate (%) (b)							
Males	15 to 24	16.9	43.7	*3.5	15.9	11.4	64.0
	25 to 34	18.0	36.0	*5.9	**0.0	*7.3	49.3
	35 to 44	9.5	30.7	*5.5	**1.1	10.3	46.5
	45 to 54	9.7	29.4	**1.3	**0.0	12.0	39.1
	55 to 64	*6.0	17.9	**1.4	**0.0	*4.8	24.6
	65 and over	*9.2	24.5	**0.0	**0.0	*6.1	34.2
	TOTAL		12.1	31.5	3.3	3.2	8.9
Females	15 to 24	24.5	27.6	*3.2	27.6	*8.3	56.9
	25 to 34	22.3	13.0	*3.2	**0.0	9.7	38.6
	35 to 44	21.9	16.7	*6.4	**1.0	*7.8	40.0
	45 to 54	15.1	12.7	*2.6	**1.8	*7.2	30.8
	55 to 64	16.5	15.8	**0.0	**0.0	11.9	32.9
	65 and over	17.0	13.0	**0.0	**0.0	*11.4	34.2
	TOTAL		19.9	16.5	2.8	5.3	9.2
Persons	15 to 24	20.7	35.8	*3.3	21.6	9.9	60.5
	25 to 34	20.2	24.6	4.5	**0.0	8.5	44.0
	35 to 44	15.8	23.6	6.0	*1.1	9.1	43.2
	45 to 54	12.5	20.8	*2.0	**0.9	9.5	34.8
	55 to 64	11.3	16.8	**0.7	**0.0	8.4	28.8
	65 and over	13.4	18.3	**0.0	**0.0	8.9	34.2
	TOTAL		16.1	23.9	3.1	4.3	9.1

(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 2009

(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 36: Australian Capital Territory participants — total participation in specific activities (organised and non-organised) by sex, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
Aerobics/fitness	28.3	20.8	42.1	30.1	70.4	25.5
Aquarobics	**0.3	**0.2	2.8	2.0	3.0	1.1
Athletics/track and field	**0.1	**0.1	**0.4	**0.3	*0.6	*0.2
Australian rules football	2.7	2.0	*0.7	*0.5	3.5	1.3
Badminton	*2.2	*1.6	2.5	1.8	4.7	1.7
Baseball	*0.7	*0.5	**0.1	**0.1	*0.8	*0.3
Basketball	6.3	4.6	3.2	2.3	9.5	3.4
Billiards/snooker/pool	**0.2	**0.1	**0.0	**0.0	**0.2	**0.1
Boxing	*1.1	*0.8	*0.8	*0.6	*1.9	*0.7
Canoeing/kayaking	2.9	2.1	2.7	1.9	5.5	2.0
Carpet bowls	**0.0	**0.0	**0.1	**0.1	**0.1	**0.0
Cricket (indoor)	3.6	2.6	**0.0	**0.0	3.6	1.3
Cricket (outdoor)	6.6	4.9	*0.8	*0.5	7.4	2.7
Cycling	30.5	22.4	15.9	11.4	46.4	16.8
Dancing	*1.0	*0.7	7.8	5.6	8.8	3.2
Darts	**0.5	**0.3	**0.0	**0.0	**0.5	**0.2
Fishing	3.7	2.7	**0.5	**0.3	4.2	1.5
Football (indoor)	5.9	4.3	3.2	2.3	9.1	3.3
Football (outdoor)	12.3	9.0	4.4	3.1	16.7	6.0
Golf	13.6	10.0	3.4	2.4	17.0	6.2
Gymnastics	**0.0	**0.0	**0.1	**0.1	**0.1	**0.0
Hockey (indoor)	**0.4	**0.3	*0.5	*0.4	*0.9	*0.3
Hockey (outdoor)	*0.8	*0.6	*0.9	*0.6	*1.7	*0.6
Horse riding/equestrian activities/polocrosse	**0.2	**0.1	*2.2	*1.6	2.3	0.8
Ice/snow sports	4.4	3.2	2.5	1.8	6.9	2.5
Lawn bowls	*1.4	*1.0	*1.5	*1.1	2.9	1.0
Martial arts	4.4	3.2	*1.9	*1.4	6.3	2.3
Motor sports	*1.5	*1.1	**0.2	**0.1	*1.7	*0.6
Netball	*1.8	*1.3	10.5	7.5	12.3	4.4
Orienteering	*1.6	*1.2	*2.0	*1.4	3.5	1.3
Rock climbing	2.7	2.0	*0.8	*0.6	3.5	1.3
Roller sports	*0.8	*0.6	**0.0	**0.0	*0.8	*0.3
Rowing	**0.3	**0.2	2.3	1.7	2.6	0.9
Rugby league	*2.1	*1.5	**0.0	**0.0	*2.1	*0.8
Rugby union	4.5	3.3	**0.0	**0.0	4.5	1.6
Running	22.0	16.1	8.7	6.2	30.7	11.1
Sailing	*0.9	*0.7	**0.0	**0.0	*0.9	*0.3
Scuba diving	**0.4	**0.3	**0.0	**0.0	**0.4	**0.1
Shooting sports	*1.3	*0.9	**0.0	**0.0	*1.3	*0.5
Softball	*0.9	*0.6	*1.1	*0.8	*1.9	*0.7
Squash/racquetball	3.0	2.2	*1.5	*1.0	4.4	1.6
Surf sports	3.6	2.6	*0.6	*0.5	4.2	1.5
Swimming	18.0	13.2	23.4	16.7	41.4	15.0
Table tennis	**0.5	**0.3	**0.2	**0.2	*0.7	*0.3
Tennis	9.8	7.2	8.4	6.0	18.2	6.6
Tenpin bowling	*1.9	*1.4	*0.7	*0.5	2.6	0.9
Touch football	7.5	5.5	2.7	1.9	10.2	3.7
Triathlon	*1.1	*0.8	**0.0	**0.0	*1.1	*0.4
Volleyball	*0.7	*0.5	*2.1	*1.5	2.9	1.0
Walking (bush)	12.3	9.0	7.5	5.3	19.8	7.2
Walking (other)	43.1	31.6	72.3	51.6	115.4	41.8
Water polo	**0.3	**0.2	*0.6	*0.5	*0.9	*0.3
Waterskiing/powerboating	*0.9	*0.7	*0.5	*0.4	*1.5	*0.5
Weight training	7.7	5.6	4.4	3.2	12.1	4.4
Yoga	*1.5	*1.1	6.7	4.8	8.2	3.0

(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 2009

(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 37: Australian Capital Territory participants — total participation in specific activities by type of activity, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	24.0	49.8	70.4	8.7	18.0	25.5
Aquarobics	2.2	*0.8	3.0	0.8	*0.3	1.1
Athletics/track and field	**0.1	**0.4	*0.6	**0.1	**0.1	*0.2
Australian rules football	3.5	**0.1	3.5	1.3	**0.1	1.3
Badminton	2.8	*2.0	4.7	1.0	*0.7	1.7
Baseball	*0.8	**0.0	*0.8	*0.3	**0.0	*0.3
Basketball	5.9	4.4	9.5	2.1	1.6	3.4
Billiards/snooker/pool	**0.0	**0.2	**0.2	**0.0	**0.1	**0.1
Boxing	*0.8	*1.1	*1.9	*0.3	*0.4	*0.7
Canoeing/kayaking	*1.9	3.9	5.5	*0.7	1.4	2.0
Carpet bowls	**0.1	**0.1	**0.1	**0.0	**0.0	**0.0
Cricket (indoor)	2.4	*1.2	3.6	0.9	*0.4	1.3
Cricket (outdoor)	4.1	3.3	7.4	1.5	1.2	2.7
Cycling	6.4	43.8	46.4	2.3	15.8	16.8
Dancing	6.7	*2.2	8.8	2.4	*0.8	3.2
Darts	**0.3	**0.2	**0.5	**0.1	**0.1	**0.2
Fishing	*1.3	3.5	4.2	*0.5	1.3	1.5
Football (indoor)	5.9	4.0	9.1	2.1	1.5	3.3
Football (outdoor)	10.3	7.4	16.7	3.7	2.7	6.0
Golf	9.2	10.6	17.0	3.3	3.9	6.2
Gymnastics	**0.0	**0.1	**0.1	**0.0	**0.0	**0.0
Hockey (indoor)	*0.9	**0.0	*0.9	*0.3	**0.0	*0.3
Hockey (outdoor)	*1.7	**0.2	*1.7	*0.6	**0.1	*0.6
Horse riding/equestrian activities/polocrosse	**0.4	*1.9	2.3	**0.1	*0.7	0.8
Ice/snow sports	*1.7	6.5	6.9	*0.6	2.3	2.5
Lawn bowls	*2.1	*0.9	2.9	*0.8	*0.3	1.0
Martial arts	4.9	*1.9	6.3	1.8	*0.7	2.3
Motor sports	*0.6	*1.3	*1.7	*0.2	*0.5	*0.6
Netball	8.8	5.1	12.3	3.2	1.8	4.4
Orienteering	*1.9	2.2	3.5	*0.7	0.8	1.3
Rock climbing	*0.9	3.1	3.5	*0.3	1.1	1.3
Roller sports	**0.0	*0.8	*0.8	**0.0	*0.3	*0.3
Rowing	2.3	*0.7	2.6	0.8	*0.2	0.9
Rugby league	*1.4	*0.7	*2.1	*0.5	*0.3	*0.8
Rugby union	4.2	*0.7	4.5	1.5	*0.2	1.6
Running	4.5	28.5	30.7	1.6	10.3	11.1
Sailing	**0.3	*0.6	*0.9	**0.1	*0.2	*0.3
Scuba diving	**0.0	**0.4	**0.4	**0.0	**0.1	**0.1
Shooting sports	*0.6	*0.9	*1.3	*0.2	*0.3	*0.5
Softball	*1.6	**0.3	*1.9	*0.6	**0.1	*0.7
Squash/racquetball	*0.6	4.0	4.4	*0.2	1.5	1.6
Surf sports	**0.3	3.9	4.2	**0.1	1.4	1.5
Swimming	4.5	37.9	41.4	1.6	13.7	15.0
Table tennis	**0.2	**0.5	*0.7	**0.1	**0.2	*0.3
Tennis	5.2	13.7	18.2	1.9	4.9	6.6
Tenpin bowling	*1.4	*1.7	2.6	*0.5	*0.6	0.9
Touch football	6.8	4.2	10.2	2.5	1.5	3.7
Triathlon	*1.1	**0.5	*1.1	*0.4	**0.2	*0.4
Volleyball	*1.9	*1.0	2.9	*0.7	*0.4	1.0
Walking (bush)	3.6	18.1	19.8	1.3	6.5	7.2
Walking (other)	6.7	113.6	115.4	2.4	41.1	41.8
Water polo	*0.6	*0.6	*0.9	*0.2	*0.2	*0.3
Waterskiing/powerboating	**0.0	*1.5	*1.5	**0.0	*0.5	*0.5
Weight training	3.5	8.9	12.1	1.3	3.2	4.4
Yoga	4.4	4.5	8.2	1.6	1.6	3.0

(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 2009

(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

10.3.2 New South Wales

Table 38: New South Wales participants — total participation in physical activity by type of participation, age and sex, 2009 (a)

Sex	Age group (years)	Organised only (c)	Non-organised only (d)	Both organised and non-organised (e)	Total organised	Total non-organised	Total participation
		(A)	(B)	(C)	(A + C)	(B + C)	(A + B + C)
		Number ('000)					
Males	15 to 24	87.2	133.1	203.7	290.9	336.8	424.0
	25 to 34	78.9	183.5	163.5	242.4	347.0	425.8
	35 to 44	54.8	208.7	146.1	200.9	354.7	409.6
	45 to 54	44.5	220.4	144.0	188.5	364.4	408.9
	55 to 64	*27.3	213.8	77.2	104.5	291.0	318.3
	65 and over	47.5	171.8	83.1	130.7	254.9	302.5
	TOTAL		340.2	1,131.2	817.6	1,157.8	1,948.8
Females	15 to 24	99.2	141.6	140.3	239.5	281.9	381.0
	25 to 34	*40.9	224.3	128.9	169.8	353.2	394.1
	35 to 44	*40.3	223.1	144.0	184.3	367.1	407.5
	45 to 54	*36.5	230.9	126.0	162.5	356.8	393.3
	55 to 64	*27.7	190.6	112.1	139.8	302.7	330.4
	65 and over	50.2	197.9	107.9	158.1	305.8	356.0
	TOTAL		294.9	1,208.3	759.1	1,054.0	1,967.4
Persons	15 to 24	186.3	274.7	344.0	530.3	618.7	805.0
	25 to 34	119.8	407.7	292.4	412.2	700.1	819.9
	35 to 44	95.2	431.8	290.0	385.2	721.8	817.0
	45 to 54	81.0	451.3	270.0	351.0	721.2	802.2
	55 to 64	55.0	404.4	189.3	244.3	593.7	648.7
	65 and over	97.8	369.7	191.0	288.8	560.7	658.5
	TOTAL		635.0	2,339.5	1,576.7	2,211.8	3,916.3
		Total participation rate (%) (b)					
Males	15 to 24	18.2	27.8	42.6	60.8	70.4	88.6
	25 to 34	16.3	37.9	33.7	50.0	71.6	87.9
	35 to 44	11.2	42.7	29.9	41.1	72.6	83.8
	45 to 54	9.3	46.2	30.2	39.5	76.4	85.7
	55 to 64	*6.9	54.2	19.6	26.5	73.8	80.7
	65 and over	11.1	40.2	19.4	30.6	59.6	70.7
	TOTAL		12.4	41.1	29.7	42.1	70.8
Females	15 to 24	21.4	30.6	30.3	51.7	60.8	82.2
	25 to 34	*8.3	45.6	26.2	34.6	71.9	80.2
	35 to 44	*8.0	44.5	28.7	36.7	73.2	81.2
	45 to 54	*7.5	47.2	25.7	33.2	72.9	80.3
	55 to 64	*6.9	47.5	28.0	34.9	75.5	82.4
	65 and over	10.1	39.9	21.8	31.9	61.7	71.8
	TOTAL		10.4	42.5	26.7	37.1	69.2
Persons	15 to 24	19.8	29.2	36.5	56.3	65.7	85.5
	25 to 34	12.3	41.8	30.0	42.2	71.7	84.0
	35 to 44	9.6	43.6	29.3	38.9	72.9	82.5
	45 to 54	8.4	46.7	27.9	36.3	74.6	83.0
	55 to 64	6.9	50.8	23.8	30.7	74.6	81.6
	65 and over	10.6	40.0	20.7	31.3	60.7	71.3
	TOTAL		11.4	41.8	28.2	39.5	70.0

(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 2009

(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

Table 39: New South Wales participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	424.0	88.6	381.0	82.2	805.0	85.5
25 to 34	425.8	87.9	394.1	80.2	819.9	84.0
35 to 44	409.6	83.8	407.5	81.2	817.0	82.5
45 to 54	408.9	85.7	393.3	80.3	802.2	83.0
55 to 64	318.3	80.7	330.4	82.4	648.7	81.6
65 and over	302.5	70.7	356.0	71.8	658.5	71.3
REGION						
Capital city	1,446.2	83.3	1,447.1	80.1	2,893.3	81.6
Rest of state	842.8	83.1	815.2	78.7	1,658.0	80.9
EMPLOYMENT STATUS						
Employed full time	1,328.1	85.3	688.2	84.2	2,016.3	84.9
Employed part time	323.1	90.1	714.6	82.8	1,037.7	84.9
Employed refused	*23.4	*71.3	*11.9	*54.7	*35.3	*64.7
Total employed	1,674.6	86.0	1,414.6	83.1	3,089.3	84.6
Unemployed	177.6	90.1	94.7	72.7	272.3	83.1
Not in the labour force	436.8	72.1	753.0	74.6	1,189.7	73.6
MARITAL STATUS						
Married	1,347.0	84.0	1,254.2	80.1	2,601.2	82.0
Not married	938.9	82.3	999.6	79.2	1,938.4	80.7
Refused/Do not know	**3.2	**50.0	**8.5	**57.7	*11.7	*55.4
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	706.2	87.0	716.8	78.9	1,423.0	82.7
At least one under 18 — none at home	63.2	72.4	**9.4	**61.1	72.6	70.7
No children under 18	1,519.6	82.1	1,536.1	80.0	3,055.7	81.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	706.1	90.5	649.7	85.3	1,355.7	87.9
Undergraduate diploma or associate diploma	143.2	88.6	184.2	82.6	327.4	85.1
Certificate, trade qualification or apprenticeship	415.4	82.0	275.4	81.3	690.8	81.7
Highest level of secondary school	476.7	84.1	450.0	78.9	926.7	81.5
Did not complete highest level of school	421.6	74.1	534.9	71.5	956.5	72.7
Never went to school	**1.8	**38.5	**1.6	**100.0	**3.4	**54.1
Still at secondary school	79.3	85.3	113.9	91.4	193.2	88.8
Other	41.8	74.7	44.4	73.0	86.1	73.8
Refused	**3.2	**24.0	**8.3	**58.1	*11.5	*41.7
INDIGENOUS STATUS						
Indigenous	54.1	84.2	*30.9	*73.4	85.0	79.9
Non-Indigenous	2,229.9	83.4	2,229.8	79.7	4,459.7	81.5
Refused	**5.1	**44.6	**1.6	**50.6	**6.6	**45.9
LANGUAGE SPOKEN AT HOME						
English only	1,835.2	83.7	1,926.5	81.6	3,761.7	82.6
European language/s other than English	137.7	84.6	108.5	85.0	246.2	84.8
Non-European language/s	336.6	80.6	238.4	65.3	575.0	73.4
Total	2,289.0	83.2	2,262.3	79.6	4,551.3	81.4

(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 2009

(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 40: All New South Wales persons — participation in any physical activity by frequency, age and sex, 2009 (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	54.6	65.6	125.3	83.5	149.6	**0.0	478.6
	25 to 34	58.7	101.5	125.0	81.7	112.8	**4.8	484.5
	35 to 44	79.2	111.8	114.0	68.7	115.1	**0.0	488.8
	45 to 54	68.0	76.7	114.1	68.3	149.8	**0.0	476.9
	55 to 64	76.0	54.2	76.4	79.1	108.6	**0.0	394.3
	65 and over	125.1	48.0	76.5	71.8	101.9	**4.4	427.6
	TOTAL	461.7	457.7	631.2	453.1	737.8	**9.2	2,750.7
Females	15 to 24	82.3	49.1	129.2	71.1	131.6	**0.0	463.3
	25 to 34	97.3	60.9	99.5	125.0	108.5	**0.0	491.4
	35 to 44	94.2	48.5	97.6	136.4	119.8	**5.1	501.6
	45 to 54	96.3	42.3	94.3	124.6	132.2	**0.0	489.6
	55 to 64	70.7	*21.2	74.3	79.1	154.2	**1.5	401.0
	65 and over	139.9	*28.7	109.8	67.3	150.3	**0.0	495.9
	TOTAL	580.7	250.8	604.8	603.5	796.5	**6.7	2,842.9
Persons	15 to 24	136.9	114.7	254.5	154.7	281.2	**0.0	941.9
	25 to 34	156.0	162.5	224.6	206.8	221.3	**4.8	975.9
	35 to 44	173.4	160.3	211.6	205.1	234.9	**5.1	990.4
	45 to 54	164.3	119.0	208.4	192.9	282.0	**0.0	966.5
	55 to 64	146.7	75.4	150.7	158.2	262.8	**1.5	795.4
	65 and over	265.1	76.7	186.2	139.0	252.2	**4.4	923.6
	TOTAL	1,042.4	708.5	1,236.0	1,056.6	1,534.4	*15.9	5,593.7
Percentage of row (%)								
Males	15 to 24	11.4	13.7	26.2	17.5	31.3	**0.0	100.0
	25 to 34	12.1	21.0	25.8	16.9	23.3	**1.0	100.0
	35 to 44	16.2	22.9	23.3	14.1	23.5	**0.0	100.0
	45 to 54	14.3	16.1	23.9	14.3	31.4	**0.0	100.0
	55 to 64	19.3	13.7	19.4	20.1	27.5	**0.0	100.0
	65 and over	29.3	11.2	17.9	16.8	23.8	**1.0	100.0
	TOTAL	16.8	16.6	22.9	16.5	26.8	**0.3	100.0
Females	15 to 24	17.8	10.6	27.9	15.4	28.4	**0.0	100.0
	25 to 34	19.8	12.4	20.3	25.4	22.1	**0.0	100.0
	35 to 44	18.8	9.7	19.5	27.2	23.9	**1.0	100.0
	45 to 54	19.7	8.6	19.3	25.4	27.0	**0.0	100.0
	55 to 64	17.6	*5.3	18.5	19.7	38.5	**0.4	100.0
	65 and over	28.2	*5.8	22.1	13.6	30.3	**0.0	100.0
	TOTAL	20.4	8.8	21.3	21.2	28.0	**0.2	100.0
Persons	15 to 24	14.5	12.2	27.0	16.4	29.9	**0.0	100.0
	25 to 34	16.0	16.6	23.0	21.2	22.7	**0.5	100.0
	35 to 44	17.5	16.2	21.4	20.7	23.7	**0.5	100.0
	45 to 54	17.0	12.3	21.6	20.0	29.2	**0.0	100.0
	55 to 64	18.4	9.5	19.0	19.9	33.0	**0.2	100.0
	65 and over	28.7	8.3	20.2	15.1	27.3	**0.5	100.0
	TOTAL	18.6	12.7	22.1	18.9	27.4	*0.3	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 41: New South Wales participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (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	65.6	358.4	311.3	233.2	424.0
	25 to 34	101.5	319.5	248.2	194.5	425.8
	35 to 44	111.8	297.8	229.6	183.8	409.6
	45 to 54	76.7	332.2	272.9	218.1	408.9
	55 to 64	54.2	264.1	234.1	187.7	318.3
	65 and over	48.0	250.1	213.4	173.7	302.5
	TOTAL		457.7	1,822.2	1,509.4	1,190.9
Females	15 to 24	49.1	331.9	249.8	202.7	381.0
	25 to 34	60.9	333.1	287.7	233.6	394.1
	35 to 44	48.5	353.8	306.3	256.2	407.5
	45 to 54	42.3	351.1	308.3	256.7	393.3
	55 to 64	*21.2	307.6	267.5	233.3	330.4
	65 and over	*28.7	327.3	280.4	217.5	356.0
	TOTAL		250.8	2,004.8	1,700.0	1,400.1
Persons	15 to 24	114.7	690.4	561.0	435.9	805.0
	25 to 34	162.5	652.6	535.9	428.1	819.9
	35 to 44	160.3	651.5	535.9	440.0	817.0
	45 to 54	119.0	683.2	581.1	474.8	802.2
	55 to 64	75.4	571.8	501.6	421.0	648.7
	65 and over	76.7	577.4	493.8	391.2	658.5
	TOTAL		708.5	3,827.0	3,209.4	2,591.0

Total participation rate (%) (c)

Males	15 to 24	13.7	74.9	65.0	48.7	88.6
	25 to 34	21.0	65.9	51.2	40.1	87.9
	35 to 44	22.9	60.9	47.0	37.6	83.8
	45 to 54	16.1	69.7	57.2	45.7	85.7
	55 to 64	13.7	67.0	59.4	47.6	80.7
	65 and over	11.2	58.5	49.9	40.6	70.7
	TOTAL		16.6	66.2	54.9	43.3
Females	15 to 24	10.6	71.6	53.9	43.7	82.2
	25 to 34	12.4	67.8	58.5	47.5	80.2
	35 to 44	9.7	70.5	61.1	51.1	81.2
	45 to 54	8.6	71.7	63.0	52.4	80.3
	55 to 64	*5.3	76.7	66.7	58.2	82.4
	65 and over	*5.8	66.0	56.5	43.9	71.8
	TOTAL		8.8	70.5	59.8	49.2
Persons	15 to 24	12.2	73.3	59.6	46.3	85.5
	25 to 34	16.6	66.9	54.9	43.9	84.0
	35 to 44	16.2	65.8	54.1	44.4	82.5
	45 to 54	12.3	70.7	60.1	49.1	83.0
	55 to 64	9.5	71.9	63.1	52.9	81.6
	65 and over	8.3	62.5	53.5	42.4	71.3
	TOTAL		12.7	68.4	57.4	46.3

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 3.2 million New South Wales persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 42: New South Wales recent participants — recent participation in any physical activity by duration and age, 2009 (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	188.1	159.7	134.6	173.6	183.6	173.5	1,013.1
	Two or three sessions weekly	*38.2	*40.4	*21.1	*12.9	*28.4	41.2	182.1
	Less than two sessions weekly	**0.0	**8.8	**2.1	*16.6	**9.3	**8.2	45.1
	<i>Total</i>	226.3	208.9	157.8	203.2	221.3	222.9	1,240.3
Two hours or more but less than five hours	More than three sessions weekly	67.0	87.4	117.8	145.7	127.5	100.6	646.0
	Two or three sessions weekly	140.6	69.0	118.3	89.2	61.7	59.3	538.3
	Less than two sessions weekly	51.7	46.4	*35.4	42.9	*24.2	42.3	242.8
	<i>Total</i>	259.3	202.8	271.5	277.8	213.4	202.2	1,427.1
Less than two hours	More than three sessions weekly	**7.6	**8.8	*14.3	*19.6	**7.1	*18.9	76.4
	Two or three sessions weekly	52.2	86.9	72.3	61.8	43.4	*37.4	354.0
	Less than two sessions weekly	175.8	148.0	159.1	126.1	80.7	62.6	752.2
	<i>Total</i>	235.6	243.6	245.7	207.6	131.1	118.9	1,182.6
Total	More than three sessions weekly	262.7	255.8	266.8	339.0	318.2	293.0	1,735.5
	Two or three sessions weekly	231.0	196.3	211.7	163.9	133.5	137.9	1,074.3
	Less than two sessions weekly	227.5	203.2	196.6	185.6	114.2	113.1	1,040.1
	Total	721.2	655.2	675.0	688.6	565.9	544.0	3,850.0
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	4.9	4.1	3.5	4.5	4.8	4.5	26.3
	Two or three sessions weekly	*1.0	*1.0	*0.5	*0.3	*0.7	1.1	4.7
	Less than two sessions weekly	**0.0	**0.2	**0.1	*0.4	**0.2	**0.2	1.2
	<i>Total</i>	5.9	5.4	4.1	5.3	5.7	5.8	32.2
Two hours or more but less than five hours	More than three sessions weekly	1.7	2.3	3.1	3.8	3.3	2.6	16.8
	Two or three sessions weekly	3.7	1.8	3.1	2.3	1.6	1.5	14.0
	Less than two sessions weekly	1.3	1.2	*0.9	1.1	*0.6	1.1	6.3
	<i>Total</i>	6.7	5.3	7.1	7.2	5.5	5.3	37.1
Less than two hours	More than three sessions weekly	**0.2	**0.2	*0.4	*0.5	**0.2	*0.5	2.0
	Two or three sessions weekly	1.4	2.3	1.9	1.6	1.1	*1.0	9.2
	Less than two sessions weekly	4.6	3.8	4.1	3.3	2.1	1.6	19.5
	<i>Total</i>	6.1	6.3	6.4	5.4	3.4	3.1	30.7
Total	More than three sessions weekly	6.8	6.6	6.9	8.8	8.3	7.6	45.1
	Two or three sessions weekly	6.0	5.1	5.5	4.3	3.5	3.6	27.9
	Less than two sessions weekly	5.9	5.3	5.1	4.8	3.0	2.9	27.0
	Total	18.7	17.0	17.5	17.9	14.7	14.1	100.0

(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 2009

* 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 43: New South Wales regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Regular participation rate (b) (%)	Number (‘000)	Regular participation rate (%)	Number (‘000)	Regular participation rate (%)
AGE GROUP (YEARS)						
15 to 24	233.2	48.7	202.7	43.7	435.9	46.3
25 to 34	194.5	40.1	233.6	47.5	428.1	43.9
35 to 44	183.8	37.6	256.2	51.1	440.0	44.4
45 to 54	218.1	45.7	256.7	52.4	474.8	49.1
55 to 64	187.7	47.6	233.3	58.2	421.0	52.9
65 and over	173.7	40.6	217.5	43.9	391.2	42.4
REGION						
Capital city	763.2	43.9	892.0	49.4	1,655.2	46.7
Rest of state	427.8	42.2	508.0	49.1	935.8	45.7
EMPLOYMENT STATUS						
Employed full time	649.7	41.7	445.7	54.5	1,095.3	46.1
Employed part time	193.3	53.9	450.0	52.1	643.3	52.7
Employed refused	**9.0	**27.3	**6.5	**29.8	*15.4	*28.3
Total employed	852.0	43.7	902.1	53.0	1,754.1	48.0
Unemployed	85.7	43.4	48.2	37.0	133.8	40.9
Not in the labour force	253.3	41.8	449.8	44.5	703.1	43.5
MARITAL STATUS						
Married	656.1	40.9	815.8	52.1	1,471.9	46.4
Not married	531.6	46.6	580.9	46.0	1,112.5	46.3
Refused/Do not know	**3.2	**50.0	**3.4	**23.3	**6.6	**31.4
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	295.9	36.4	435.8	48.0	731.7	42.5
At least one under 18 — none at home	*33.3	*38.1	**4.6	**29.8	*37.9	*36.9
No children under 18	861.8	46.5	959.7	50.0	1,821.4	48.3
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	367.5	47.1	432.1	56.7	799.6	51.9
Undergraduate diploma or associate diploma	78.1	48.3	121.6	54.5	199.7	51.9
Certificate, trade qualification or apprenticeship	205.6	40.6	183.9	54.3	389.5	46.1
Highest level of secondary school	252.3	44.5	250.9	44.0	503.2	44.2
Did not complete highest level of school	214.0	37.6	323.1	43.2	537.1	40.8
Never went to school	**1.8	**38.5	**1.6	**100.0	**3.4	**54.1
Still at secondary school	45.1	48.6	58.6	47.1	103.8	47.7
Other	*23.3	*41.6	*26.8	*44.1	50.1	42.9
Refused	**3.2	**24.0	**1.4	**9.8	**4.6	**16.6
INDIGENOUS STATUS						
Indigenous	*28.4	*44.2	*20.5	*48.7	48.9	46.0
Non-Indigenous	1,161.0	43.4	1,378.0	49.3	2,539.0	46.4
Refused	**1.5	**13.5	**1.6	**50.6	**3.1	**21.4
LANGUAGE SPOKEN AT HOME						
English only	944.3	43.1	1,203.2	51.0	2,147.5	47.2
European language/s other than English	73.5	45.2	84.8	66.4	158.2	54.5
Non-European language/s	184.4	44.2	123.2	33.7	307.6	39.3
Total	1,190.9	43.3	1,400.1	49.2	2,591.0	46.3

(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 2009

(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 44: All New South Wales persons — participation in organised physical activity by frequency, age and sex, 2009 (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	187.7	96.3	86.5	73.3	*34.8	**0.0	478.6
	25 to 34	242.2	87.2	78.4	*32.3	*39.6	**4.8	484.5
	35 to 44	287.9	82.5	60.6	*30.1	*27.7	**0.0	488.8
	45 to 54	288.4	73.4	65.8	*36.3	*12.9	**0.0	476.9
	55 to 64	289.8	*24.6	41.6	*34.2	**4.1	**0.0	394.3
	65 and over	297.0	*39.9	72.4	*13.7	**4.6	**0.0	427.6
	TOTAL	1,592.9	403.9	405.5	220.0	123.7	**4.8	2,750.7
Females	15 to 24	223.9	46.3	84.2	67.1	41.9	**0.0	463.3
	25 to 34	321.6	85.5	*25.7	44.2	*14.4	**0.0	491.4
	35 to 44	317.3	70.9	69.0	*32.4	*12.1	**0.0	501.6
	45 to 54	327.2	46.8	58.1	*35.9	*21.8	**0.0	489.6
	55 to 64	261.2	*38.9	68.5	*20.9	*11.5	**0.0	401.0
	65 and over	337.8	*38.0	89.4	*25.7	**4.9	**0.0	495.9
	TOTAL	1,789.0	326.4	394.9	226.1	106.6	**0.0	2,842.9
Persons	15 to 24	411.6	142.6	170.7	140.3	76.7	**0.0	941.9
	25 to 34	563.7	172.7	104.2	76.5	54.0	**4.8	975.9
	35 to 44	605.2	153.3	129.6	62.5	*39.7	**0.0	990.4
	45 to 54	615.6	120.2	123.9	72.2	*34.7	**0.0	966.5
	55 to 64	551.0	63.5	110.1	55.1	*15.7	**0.0	795.4
	65 and over	634.8	77.9	161.9	*39.5	**9.5	**0.0	923.6
	TOTAL	3,381.9	730.3	800.3	446.1	230.3	**4.8	5,593.7

Percentage of row (%)

Males	15 to 24	39.2	20.1	18.1	15.3	*7.3	**0.0	100.0
	25 to 34	50.0	18.0	16.2	*6.7	*8.2	**1.0	100.0
	35 to 44	58.9	16.9	12.4	*6.2	*5.7	**0.0	100.0
	45 to 54	60.5	15.4	13.8	*7.6	*2.7	**0.0	100.0
	55 to 64	73.5	*6.2	10.5	*8.7	**1.0	**0.0	100.0
	65 and over	69.4	*9.3	16.9	*3.2	**1.1	**0.0	100.0
	TOTAL	57.9	14.7	14.7	8.0	4.5	**0.2	100.0
Females	15 to 24	48.3	10.0	18.2	14.5	9.0	**0.0	100.0
	25 to 34	65.4	17.4	*5.2	9.0	*2.9	**0.0	100.0
	35 to 44	63.3	14.1	13.8	*6.5	*2.4	**0.0	100.0
	45 to 54	66.8	9.6	11.9	*7.3	*4.4	**0.0	100.0
	55 to 64	65.1	*9.7	17.1	*5.2	*2.9	**0.0	100.0
	65 and over	68.1	*7.7	18.0	*5.2	**1.0	**0.0	100.0
	TOTAL	62.9	11.5	13.9	8.0	3.7	**0.0	100.0
Persons	15 to 24	43.7	15.1	18.1	14.9	8.1	**0.0	100.0
	25 to 34	57.8	17.7	10.7	7.8	5.5	**0.5	100.0
	35 to 44	61.1	15.5	13.1	6.3	*4.0	**0.0	100.0
	45 to 54	63.7	12.4	12.8	7.5	*3.6	**0.0	100.0
	55 to 64	69.3	8.0	13.8	6.9	*2.0	**0.0	100.0
	65 and over	68.7	8.4	17.5	*4.3	**1.0	**0.0	100.0
	TOTAL	60.5	13.1	14.3	8.0	4.1	**0.1	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 45: New South Wales organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	96.3	194.6	131.7	108.1	290.9
	25 to 34	87.2	150.3	81.5	71.9	242.4
	35 to 44	82.5	118.4	87.0	57.8	200.9
	45 to 54	73.4	115.1	74.0	49.2	188.5
	55 to 64	*24.6	79.9	66.7	*38.3	104.5
	65 and over	*39.9	90.8	44.8	*18.3	130.7
	TOTAL	403.9	749.1	485.8	343.7	1,157.8
Females	15 to 24	46.3	193.2	137.9	109.0	239.5
	25 to 34	85.5	84.3	65.3	58.6	169.8
	35 to 44	70.9	113.4	72.5	44.4	184.3
	45 to 54	46.8	115.7	75.9	57.6	162.5
	55 to 64	*38.9	100.9	58.2	*32.4	139.8
	65 and over	*38.0	120.1	70.4	*30.7	158.1
	TOTAL	326.4	727.6	480.2	332.7	1,054.0
Persons	15 to 24	142.6	387.7	269.6	217.0	530.3
	25 to 34	172.7	234.6	146.8	130.5	412.2
	35 to 44	153.3	231.8	159.5	102.2	385.2
	45 to 54	120.2	230.8	149.9	106.9	351.0
	55 to 64	63.5	180.8	125.0	70.7	244.3
	65 and over	77.9	210.9	115.2	49.0	288.8
	TOTAL	730.3	1,476.7	966.0	676.3	2,211.8

Total participation rate (%) (c)

Males	15 to 24	20.1	40.7	27.5	22.6	60.8
	25 to 34	18.0	31.0	16.8	14.8	50.0
	35 to 44	16.9	24.2	17.8	11.8	41.1
	45 to 54	15.4	24.1	15.5	10.3	39.5
	55 to 64	*6.2	20.3	16.9	*9.7	26.5
	65 and over	*9.3	21.2	10.5	*4.3	30.6
	TOTAL	14.7	27.2	17.7	12.5	42.1
Females	15 to 24	10.0	41.7	29.8	23.5	51.7
	25 to 34	17.4	17.2	13.3	11.9	34.6
	35 to 44	14.1	22.6	14.4	8.9	36.7
	45 to 54	9.6	23.6	15.5	11.8	33.2
	55 to 64	*9.7	25.2	14.5	*8.1	34.9
	65 and over	*7.7	24.2	14.2	*6.2	31.9
	TOTAL	11.5	25.6	16.9	11.7	37.1
Persons	15 to 24	15.1	41.2	28.6	23.0	56.3
	25 to 34	17.7	24.0	15.0	13.4	42.2
	35 to 44	15.5	23.4	16.1	10.3	38.9
	45 to 54	12.4	23.9	15.5	11.1	36.3
	55 to 64	8.0	22.7	15.7	8.9	30.7
	65 and over	8.4	22.8	12.5	5.3	31.3
	TOTAL	13.1	26.4	17.3	12.1	39.5

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 966,000 New South Wales persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 46: New South Wales organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (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	96.5	191.0	*14.0	87.2	*34.5	290.9
	25 to 34	77.8	174.4	*20.6	**0.0	*36.4	242.4
	35 to 44	58.8	141.4	*19.8	**4.1	*35.7	200.9
	45 to 54	*33.0	136.9	**6.5	**2.0	*39.7	188.5
	55 to 64	*23.8	75.8	**6.1	**1.7	*25.8	104.5
	65 and over	*11.5	95.5	**0.0	**0.0	*34.7	130.7
	TOTAL		301.5	815.0	66.9	95.0	206.9
Females	15 to 24	134.1	174.3	**8.9	66.4	**10.1	239.5
	25 to 34	110.3	75.9	*18.9	**3.5	*28.4	169.8
	35 to 44	113.9	72.1	**10.6	**2.3	44.6	184.3
	45 to 54	78.6	96.2	**7.1	**2.3	*32.5	162.5
	55 to 64	51.2	56.5	**0.0	**1.5	48.8	139.8
	65 and over	48.4	84.8	**0.0	**0.0	46.2	158.1
	TOTAL		536.6	559.8	45.6	76.0	210.5
Persons	15 to 24	230.6	365.3	*23.0	153.6	44.6	530.3
	25 to 34	188.0	250.3	*39.5	**3.5	64.8	412.2
	35 to 44	172.8	213.5	*30.4	**6.4	80.3	385.2
	45 to 54	111.6	233.1	*13.6	**4.3	72.2	351.0
	55 to 64	75.1	132.3	**6.1	**3.2	74.6	244.3
	65 and over	60.0	180.2	**0.0	**0.0	80.9	288.8
	TOTAL		838.1	1,374.7	112.5	171.0	417.4

Total participation rate (%) (b)

Males	15 to 24	20.2	39.9	*2.9	18.2	*7.2	60.8
	25 to 34	16.0	36.0	*4.3	**0.0	*7.5	50.0
	35 to 44	12.0	28.9	*4.0	**0.8	*7.3	41.1
	45 to 54	*6.9	28.7	**1.4	**0.4	*8.3	39.5
	55 to 64	*6.0	19.2	**1.5	**0.4	*6.5	26.5
	65 and over	*2.7	22.3	**0.0	**0.0	*8.1	30.6
	TOTAL		11.0	29.6	2.4	3.5	7.5
Females	15 to 24	28.9	37.6	**1.9	14.3	**2.2	51.7
	25 to 34	22.4	15.4	*3.9	**0.7	*5.8	34.6
	35 to 44	22.7	14.4	**2.1	**0.5	8.9	36.7
	45 to 54	16.1	19.7	**1.4	**0.5	*6.6	33.2
	55 to 64	12.8	14.1	**0.0	**0.4	12.2	34.9
	65 and over	9.8	17.1	**0.0	**0.0	9.3	31.9
	TOTAL		18.9	19.7	1.6	2.7	7.4
Persons	15 to 24	24.5	38.8	*2.4	16.3	4.7	56.3
	25 to 34	19.3	25.6	*4.1	**0.4	6.6	42.2
	35 to 44	17.4	21.6	*3.1	**0.6	8.1	38.9
	45 to 54	11.6	24.1	*1.4	**0.4	7.5	36.3
	55 to 64	9.4	16.6	**0.8	**0.4	9.4	30.7
	65 and over	6.5	19.5	**0.0	**0.0	8.8	31.3
	TOTAL		15.0	24.6	2.0	3.1	7.5

(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 2009

(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 47: New South Wales participants — total participation in specific activities (organised and non-organised) by sex, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	460.6	16.7	792.3	27.9	1,253.0	22.4
Aquarobics	**0.0	**0.0	56.1	2.0	56.1	1.0
Athletics/track and field	**9.4	**0.3	*19.4	*0.7	*28.8	*0.5
Australian rules football	49.0	1.8	**9.5	**0.3	58.5	1.0
Badminton	*22.0	*0.8	*19.3	*0.7	41.3	0.7
Baseball	*15.5	*0.6	**2.7	**0.1	18.2	0.3
Basketball	128.6	4.7	85.3	3.0	214.0	3.8
Billiards/snooker/pool	**2.3	**0.1	**2.8	**0.1	5.1	0.1
Boxing	*16.4	*0.6	*34.1	*1.2	50.4	0.9
Canoeing/kayaking	*33.6	*1.2	*34.9	*1.2	68.4	1.2
Carpet bowls	**2.3	**0.1	**7.0	**0.2	**9.3	**0.2
Cricket (indoor)	*16.0	*0.6	**0.0	**0.0	16.0	0.3
Cricket (outdoor)	140.9	5.1	*16.6	*0.6	157.5	2.8
Cycling	345.6	12.6	158.0	5.6	503.6	9.0
Dancing	*15.4	*0.6	101.1	3.6	116.6	2.1
Darts	**2.2	**0.1	**2.3	**0.1	4.6	0.1
Fishing	118.1	4.3	**8.6	**0.3	126.6	2.3
Football (indoor)	88.3	3.2	*29.6	*1.0	117.9	2.1
Football (outdoor)	274.4	10.0	115.2	4.1	389.6	7.0
Golf	319.7	11.6	71.2	2.5	390.9	7.0
Gymnastics	**5.4	**0.2	**5.5	**0.2	**10.9	**0.2
Hockey (indoor)	**0.0	**0.0	**3.8	**0.1	3.8	0.1
Hockey (outdoor)	**8.9	**0.3	*14.9	*0.5	*23.8	*0.4
Horse riding/equestrian activities/polo cross	*17.9	*0.7	*35.9	*1.3	53.8	1.0
Ice/snow sports	51.4	1.9	*39.7	*1.4	91.0	1.6
Lawn bowls	59.7	2.2	51.1	1.8	110.8	2.0
Martial arts	41.3	1.5	52.2	1.8	93.4	1.7
Motor sports	49.9	1.8	**9.0	**0.3	58.9	1.1
Netball	**5.9	**0.2	186.1	6.5	192.0	3.4
Orienteering	*19.7	*0.7	*25.7	*0.9	45.5	0.8
Rock climbing	*33.4	*1.2	*11.1	*0.4	44.5	0.8
Roller sports	*29.1	*1.1	**3.8	**0.1	32.9	0.6
Rowing	**9.1	**0.3	**8.0	**0.3	*17.1	*0.3
Rugby league	136.8	5.0	**0.0	**0.0	136.8	2.4
Rugby union	53.9	2.0	**2.8	**0.1	56.8	1.0
Running	365.3	13.3	233.0	8.2	598.3	10.7
Sailing	*23.8	*0.9	**3.1	**0.1	*26.9	*0.5
Scuba diving	*22.4	*0.8	**7.5	**0.3	29.9	0.5
Shooting sports	*22.5	*0.8	**2.8	**0.1	*25.4	*0.5
Softball	**0.0	**0.0	**31.9	**1.1	31.9	0.6
Squash/racquetball	82.9	3.0	*17.7	*0.6	100.6	1.8
Surf sports	166.5	6.1	*27.0	*0.9	193.4	3.5
Swimming	384.5	14.0	428.6	15.1	813.1	14.5
Table tennis	*18.7	*0.7	**7.7	**0.3	26.5	0.5
Tennis	199.5	7.3	168.0	5.9	367.5	6.6
Tenpin bowling	*14.2	*0.5	*27.7	*1.0	42.0	0.8
Touch football	134.0	4.9	70.0	2.5	203.9	3.6
Triathlons	*15.1	*0.5	**1.8	**0.1	16.8	0.3
Volleyball	*29.2	*1.1	*25.7	*0.9	54.8	1.0
Walking (bush)	175.5	6.4	131.8	4.6	307.3	5.5
Walking (other)	733.6	26.7	1,266.1	44.5	1,999.8	35.8
Water polo	**3.4	**0.1	**3.5	**0.1	6.9	0.1
Waterskiing/powerboating	*27.6	*1.0	*19.5	*0.7	47.1	0.8
Weight training	95.4	3.5	59.0	2.1	154.3	2.8
Yoga	*17.2	*0.6	119.6	4.2	136.7	2.4

(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 2009

(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 48: NSW participants - Total participation in specific activities by type of activity, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	453.4	843.8	1253.0	8.1	15.1	22.4
Aquarobics	*35.7	*20.4	56.1	*0.6	*0.4	1.0
Athletics/track and field	*24.0	**9.5	*28.8	*0.4	**0.2	*0.5
Australian Rules football	45.7	*12.7	58.5	0.8	*0.2	1.0
Badminton	**2.8	*38.5	41.3	**0.1	*0.7	0.7
Baseball	*16.2	**2.0	*18.2	*0.3	0.0	*0.3
Basketball	93.5	132.8	214.0	1.7	2.4	3.8
Billiards/snooker/pool	**0.0	**5.1	**5.1	**0.0	**0.1	**0.1
Boxing	**10.2	*40.2	50.4	**0.2	*0.7	0.9
Canoeing/kayaking	*13.3	55.1	68.4	*0.2	1.0	1.2
Carpet bowls	**9.3	**0.0	**9.3	**0.2	**0.0	**0.2
Cricket (indoor)	**5.6	*13.4	*16.0	**0.1	*0.2	*0.3
Cricket (outdoor)	87.3	83.5	157.5	1.6	1.5	2.8
Cycling	48.5	476.2	503.6	0.9	8.5	9.0
Dancing	80.3	49.1	116.6	1.4	0.9	2.1
Darts	**2.3	**2.2	**4.6	**0.0	**0.0	**0.1
Fishing	**11.0	124.3	126.6	**0.2	2.2	2.3
Football (indoor)	79.3	50.9	117.9	1.4	0.9	2.1
Football (outdoor)	281.6	130.3	389.6	5.0	2.3	7.0
Golf	191.3	257.2	390.9	3.4	4.6	7.0
Gymnastics	**4.9	**6.0	**10.9	**0.1	**0.1	**0.2
Hockey (indoor)	**3.8	**0.0	**3.8	**0.1	**0.0	**0.1
Hockey (outdoor)	*23.8	**2.2	*23.8	*0.4	**0.0	*0.4
Horse riding/equestrian activities/polo cross	*28.4	41.2	53.8	*0.5	0.7	1.0
Ice/snow sports	*16.0	79.8	91.0	*0.3	1.4	1.6
Lawn bowls	98.0	*19.7	110.8	1.8	*0.4	2.0
Martial arts	74.6	*29.5	93.4	1.3	*0.5	1.7
Motor sports	*25.2	42.5	58.9	*0.5	0.8	1.1
Netball	169.4	*27.3	192.0	3.0	*0.5	3.4
Orienteering	*17.3	*30.1	45.5	*0.3	*0.5	0.8
Rock climbing	*16.6	*33.2	44.5	*0.3	*0.6	0.8
Roller sports	**0.0	*32.9	*32.9	**0.0	*0.6	*0.6
Rowing	**8.0	**9.1	*17.1	**0.1	**0.2	*0.3
Rugby League	101.9	41.2	136.8	1.8	0.7	2.4
Rugby Union	56.8	**0.0	56.8	1.0	**0.0	1.0
Running	68.0	565.4	598.3	1.2	10.1	10.7
Sailing	*18.0	*13.1	*26.9	*0.3	*0.2	*0.5
Scuba diving	*12.8	*17.1	*29.9	*0.2	*0.3	*0.5
Shooting sports	*13.9	*14.4	*25.4	*0.2	*0.3	*0.5
Softball	*29.9	**4.8	*31.9	*0.5	**0.1	*0.6
Squash/racquetball	*19.8	84.3	100.6	*0.4	1.5	1.8
Surf sports	*22.5	189.0	193.4	*0.4	3.4	3.5
Swimming	76.5	764.1	813.1	1.4	13.7	14.5
Table tennis	**6.2	*20.3	*26.5	**0.1	*0.4	*0.5
Tennis	127.2	258.2	367.5	2.3	4.6	6.6
Tenpin bowling	*11.1	*30.8	42.0	*0.2	*0.6	0.8
Touch football	152.3	65.0	203.9	2.7	1.2	3.6
Triathlons	*16.8	**0.0	*16.8	*0.3	**0.0	*0.3
Volleyball	*33.3	*24.6	54.8	*0.6	*0.4	1.0
Walking (bush)	46.3	274.2	307.3	0.8	4.9	5.5
Walking (other)	82.8	1962.8	1999.8	1.5	35.1	35.8
Water polo	**6.9	**0.0	**6.9	**0.1	**0.0	**0.1
Waterskiing/powerboating	**7.0	42.5	47.1	**0.1	0.8	0.8
Weight training	*40.0	131.0	154.3	*0.7	2.3	2.8
Yoga	73.4	66.8	136.7	1.3	1.2	2.4

(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 2009

(b) For any group, 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

10.3.3 Northern Territory

Table 49: Northern Territory participants — total participation in physical activity by type of participation, age and sex, 2009 (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	4.8	4.7	6.3	11.1	11.0	15.8
	25 to 34	3.6	6.0	6.3	9.9	12.2	15.9
	35 to 44	3.5	5.6	5.7	9.3	11.3	14.9
	45 to 54	*1.2	8.2	3.7	4.9	11.9	13.1
	55 to 64	*0.9	4.8	2.4	3.3	7.2	8.1
	65 and over	**0.2	2.8	*0.8	*1.0	3.7	3.9
	TOTAL		14.3	32.1	25.2	39.5	57.3
Females	15 to 24	*1.9	4.4	7.2	9.1	11.6	13.6
	25 to 34	2.3	6.5	7.1	9.3	13.6	15.8
	35 to 44	*1.7	7.9	4.6	6.3	12.5	14.2
	45 to 54	*1.0	6.3	4.2	5.2	10.5	11.5
	55 to 64	*0.5	5.0	*1.6	2.1	6.5	7.1
	65 and over	*0.5	*1.8	*1.2	*1.7	3.0	3.5
	TOTAL		8.0	31.9	25.8	33.8	57.8
Persons	15 to 24	6.8	9.1	13.5	20.3	22.6	29.4
	25 to 34	5.9	12.5	13.4	19.3	25.8	31.7
	35 to 44	5.2	13.5	10.4	15.6	23.9	29.1
	45 to 54	2.2	14.5	7.9	10.1	22.4	24.6
	55 to 64	*1.4	9.7	4.0	5.4	13.7	15.1
	65 and over	*0.7	4.6	*2.0	2.7	6.7	7.4
	TOTAL		22.3	64.0	51.1	73.3	115.0
Total participation rate (%) (b)							
Males	15 to 24	27.6	26.7	36.0	63.6	62.7	90.3
	25 to 34	19.9	32.6	34.3	54.1	66.8	86.7
	35 to 44	20.5	32.7	33.5	54.0	66.2	86.7
	45 to 54	*8.2	54.0	24.1	32.3	78.1	86.3
	55 to 64	*8.2	43.2	21.7	30.0	65.0	73.2
	65 and over	**2.7	47.0	*14.0	*16.7	61.0	63.7
	TOTAL		16.8	37.6	29.6	46.4	67.2
Females	15 to 24	*12.1	27.9	45.4	57.6	73.4	85.5
	25 to 34	12.2	35.0	38.2	50.4	73.3	85.5
	35 to 44	*10.1	46.9	27.4	37.5	74.3	84.4
	45 to 54	*6.9	44.0	29.2	36.2	73.2	80.1
	55 to 64	*5.6	53.1	*16.6	22.2	69.8	75.4
	65 and over	*10.2	*34.0	*22.2	*32.4	56.1	66.3
	TOTAL		9.9	39.8	32.2	42.1	71.9
Persons	15 to 24	20.3	27.3	40.5	60.7	67.8	88.0
	25 to 34	16.0	33.8	36.3	52.3	70.1	86.1
	35 to 44	15.4	39.7	30.5	45.8	70.2	85.5
	45 to 54	7.6	49.1	26.6	34.2	75.7	83.3
	55 to 64	*7.0	47.8	19.4	26.4	67.2	74.2
	65 and over	*6.2	40.9	*17.8	24.0	58.7	64.9
	TOTAL		13.4	38.6	30.9	44.3	69.5

(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 2009

(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 50: Northern Territory participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	15.8	90.3	13.6	85.5	29.4	88.0
25 to 34	15.9	86.7	15.8	85.5	31.7	86.1
35 to 44	14.9	86.7	14.2	84.4	29.1	85.5
45 to 54	13.1	86.3	11.5	80.1	24.6	83.3
55 to 64	8.1	73.2	7.1	75.4	15.1	74.2
65 and over	3.9	63.7	3.5	66.3	7.4	64.9
REGION						
Capital city	49.3	85.1	43.7	80.4	93.0	82.8
Rest of state	22.2	81.7	22.0	84.9	44.3	83.3
EMPLOYMENT STATUS						
Employed full time	53.2	85.4	33.8	86.2	86.9	85.7
Employed part time	8.2	92.7	16.8	79.1	25.1	83.1
Employed refused	*0.6	*100.0	**0.1	**39.5	*0.7	*83.1
Total employed	62.0	86.5	50.7	83.5	112.7	85.1
Unemployed	2.3	84.0	2.9	96.3	5.3	90.5
Not in the labour force	7.2	67.4	12.1	73.2	19.3	70.9
MARITAL STATUS						
Married	44.0	86.7	40.2	83.3	84.2	85.1
Not married	27.0	80.3	25.4	79.7	52.4	80.0
Refused/Do not know	*0.6	*68.1	**0.1	**58.7	*0.7	*66.6
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	26.4	88.4	27.7	84.7	54.1	86.5
At least one under 18 — none at home	2.4	91.4	**0.2	**41.2	2.6	82.8
No children under 18	42.8	81.2	37.8	80.3	80.6	80.7
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	17.0	89.4	21.3	87.2	38.3	88.2
Undergraduate diploma or associate diploma	4.4	91.9	4.9	87.9	9.3	89.7
Certificate, trade qualification or apprenticeship	13.7	81.4	4.9	85.9	21.5	83.0
Highest level of secondary school	16.4	90.6	15.6	85.1	32.1	87.8
Did not complete highest level of school	13.0	69.7	13.2	70.2	26.2	69.9
Still at secondary school	5.5	100.0	2.2	74.8	7.7	91.1
Other	*1.0	*64.4	*0.6	*61.2	*1.6	*63.2
Refused	*0.6	*75.9	**0.0	**0.0	*0.6	*75.9
INDIGENOUS STATUS						
Indigenous	3.3	73.1	3.0	63.1	6.3	68.0
Non-Indigenous	68.0	84.6	62.5	82.9	130.5	83.8
Refused	**0.3	**100.0	**0.3	**100.0	*0.5	*100.0
LANGUAGE SPOKEN AT HOME						
English only	62.6	83.8	58.9	84.3	121.5	84.0
European language/s other than English	*1.7	*90.0	2.8	82.3	4.5	85.1
Non-European language/s	7.7	84.7	4.0	57.2	11.7	72.7
Total	71.6	84.0	65.7	81.8	137.3	83.0

(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 2009

(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 51: All Northern Territory persons — participation in any physical activity by frequency, age and sex, 2009 (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	*1.7	2.4	3.9	4.1	5.5	**0.0	17.5
	25 to 34	2.4	6.4	3.8	2.9	2.9	**0.0	18.3
	35 to 44	2.3	2.6	4.3	3.9	4.0	**0.0	17.1
	45 to 54	2.1	*1.8	3.5	3.2	4.6	**0.0	15.2
	55 to 64	3.0	*1.8	*1.9	*1.5	2.8	**0.0	11.0
	65 and over	2.2	*0.8	**0.4	*0.8	*1.8	**0.0	6.1
	TOTAL	13.6	15.8	17.9	16.3	21.6	**0.0	85.2
Females	15 to 24	2.3	2.7	*1.4	2.8	6.6	**0.0	15.9
	25 to 34	2.7	3.0	3.7	4.3	4.8	**0.0	18.5
	35 to 44	2.6	*1.6	4.0	3.3	5.4	**0.0	16.9
	45 to 54	2.9	*1.9	2.2	*1.9	5.3	**0.1	14.4
	55 to 64	2.3	*0.5	*1.4	*1.8	3.4	**0.0	9.4
	65 and over	*1.8	**0.1	*0.8	*0.7	*1.9	**0.0	5.3
	TOTAL	14.6	9.9	13.5	14.8	27.5	**0.1	80.3
Persons	15 to 24	4.0	5.1	5.3	6.9	12.2	**0.0	33.4
	25 to 34	5.1	9.4	7.5	7.1	7.7	**0.0	36.8
	35 to 44	4.9	4.2	8.3	7.2	9.4	**0.0	34.0
	45 to 54	4.9	3.8	5.8	5.1	9.9	**0.1	29.5
	55 to 64	5.3	2.3	3.3	3.3	6.2	**0.0	20.4
	65 and over	4.0	*0.9	*1.2	*1.5	3.7	**0.0	11.3
	TOTAL	28.2	25.7	31.3	31.1	49.1	**0.1	165.5
Percentage of row (%)								
Males	15 to 24	*9.7	13.5	22.0	23.2	31.5	**0.0	100.0
	25 to 34	13.3	34.8	20.6	15.6	15.7	**0.0	100.0
	35 to 44	13.3	15.4	25.3	22.6	23.3	**0.0	100.0
	45 to 54	13.7	*12.0	23.4	21.0	30.0	**0.0	100.0
	55 to 64	26.8	*16.5	*17.5	*13.5	25.7	**0.0	100.0
	65 and over	36.3	*13.2	**7.1	*14.0	*29.4	**0.0	100.0
	TOTAL	16.0	18.6	21.0	19.1	25.3	**0.0	100.0
Females	15 to 24	14.5	17.2	*9.0	17.7	41.7	**0.0	100.0
	25 to 34	14.5	16.2	20.2	23.1	26.0	**0.0	100.0
	35 to 44	15.6	*9.4	23.5	19.6	31.9	**0.0	100.0
	45 to 54	19.9	*13.5	15.4	*13.3	37.2	**0.7	100.0
	55 to 64	24.6	*5.5	*14.4	*19.3	36.2	**0.0	100.0
	65 and over	*33.7	**2.6	*14.4	*12.9	*36.4	**0.0	100.0
	TOTAL	18.2	12.3	16.7	18.4	34.2	**0.1	100.0
Persons	15 to 24	12.0	15.2	15.8	20.6	36.4	**0.0	100.0
	25 to 34	13.9	25.4	20.4	19.3	20.9	**0.0	100.0
	35 to 44	14.5	12.4	24.4	21.1	27.6	**0.0	100.0
	45 to 54	16.7	12.8	19.5	17.2	33.5	**0.3	100.0
	55 to 64	25.8	11.4	16.1	16.1	30.5	**0.0	100.0
	65 and over	35.1	*8.2	*10.5	*13.5	32.7	**0.0	100.0
	TOTAL	17.0	15.5	18.9	18.8	29.6	**0.1	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 52: Northern Territory participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	2.4	13.5	10.7	9.6	15.8
	25 to 34	6.4	9.5	7.6	5.7	15.9
	35 to 44	2.6	12.2	10.0	7.9	14.9
	45 to 54	*1.8	11.3	9.4	7.7	13.1
	55 to 64	*1.8	6.3	5.2	4.3	8.1
	65 and over	*0.8	3.1	2.7	2.6	3.9
	TOTAL		15.8	55.8	45.7	37.9
Females	15 to 24	2.7	10.9	10.3	9.4	13.6
	25 to 34	3.0	12.8	11.1	9.1	15.8
	35 to 44	*1.6	12.6	11.3	8.7	14.2
	45 to 54	*1.9	9.5	8.3	7.3	11.5
	55 to 64	*0.5	6.6	6.3	5.2	7.1
	65 and over	**0.1	3.4	2.9	2.6	3.5
	TOTAL		9.9	55.7	50.2	42.3
Persons	15 to 24	5.1	24.3	21.1	19.0	29.4
	25 to 34	9.4	22.3	18.7	14.8	31.7
	35 to 44	4.2	24.9	21.3	16.6	29.1
	45 to 54	3.8	20.7	17.7	15.0	24.6
	55 to 64	2.3	12.8	11.5	9.5	15.1
	65 and over	*0.9	6.4	5.6	5.2	7.4
	TOTAL		25.7	111.5	95.9	80.2

Total participation rate (%) (c)

Males	15 to 24	13.5	76.8	61.2	54.8	90.3
	25 to 34	34.8	51.9	41.6	31.3	86.7
	35 to 44	15.4	71.3	58.2	45.9	86.7
	45 to 54	*12.0	74.3	61.9	51.0	86.3
	55 to 64	*16.5	56.7	47.5	39.2	73.2
	65 and over	*13.2	50.5	44.9	43.4	63.7
	TOTAL		18.6	65.4	53.6	44.4
Females	15 to 24	17.2	68.3	65.2	59.4	85.5
	25 to 34	16.2	69.3	59.7	49.0	85.5
	35 to 44	*9.4	75.0	67.2	51.5	84.4
	45 to 54	*13.5	65.9	57.9	50.5	80.1
	55 to 64	*5.5	69.9	66.7	55.5	75.4
	65 and over	**2.6	63.8	54.4	49.4	66.3
	TOTAL		12.3	69.4	62.5	52.6
Persons	15 to 24	15.2	72.8	63.1	57.0	88.0
	25 to 34	25.4	60.6	50.7	40.2	86.1
	35 to 44	12.4	73.1	62.7	48.7	85.5
	45 to 54	12.8	70.2	60.0	50.7	83.3
	55 to 64	11.4	62.8	56.3	46.7	74.2
	65 and over	*8.2	56.7	49.3	46.2	64.9
	TOTAL		15.5	67.4	57.9	48.4

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 95,900 Northern Territory persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 53: Northern Territory recent participants — recent participation in any physical activity by duration and age, 2009 (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	7.5	5.2	5.0	4.9	4.1	2.3	29.1
	Two or three sessions weekly	*0.9	2.7	*0.6	*0.5	*0.7	**0.2	5.6
	Less than two sessions weekly	**0.0	**0.3	**0.3	*0.5	**0.3	**0.0	*1.5
	<i>Total</i>	8.4	8.1	6.0	6.0	5.1	2.5	36.1
Two hours or more but less than five hours	More than three sessions weekly	3.7	4.5	5.0	5.0	2.5	*1.4	22.1
	Two or three sessions weekly	3.3	3.2	3.2	2.6	*1.0	*0.7	14.0
	Less than two sessions weekly	2.6	*0.5	*1.4	*1.1	*0.6	**0.5	6.7
	<i>Total</i>	9.6	8.3	9.5	8.7	4.2	2.5	42.7
Less than two hours	More than three sessions weekly	**0.0	*0.5	*1.0	*0.9	*0.6	**0.2	3.1
	Two or three sessions weekly	*1.3	3.1	2.7	*0.9	*1.1	**0.5	9.6
	Less than two sessions weekly	5.1	6.7	4.9	4.9	2.1	*0.5	24.2
	<i>Total</i>	6.3	10.3	8.6	6.7	3.8	*1.2	36.9
Total	More than three sessions weekly	11.3	10.2	11.0	10.8	7.2	3.9	54.3
	Two or three sessions weekly	5.4	9.0	6.6	4.0	2.8	*1.3	29.1
	Less than two sessions weekly	7.6	7.6	6.5	6.5	3.1	*1.0	32.3
	Total	24.3	26.7	24.1	21.3	13.1	6.2	115.7
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	6.5	4.5	4.4	4.3	3.5	2.0	25.2
	Two or three sessions weekly	*0.7	2.3	*0.6	*0.5	*0.6	**0.1	4.8
	Less than two sessions weekly	**0.0	**0.3	**0.2	*0.5	**0.3	**0.0	*1.3
	<i>Total</i>	7.3	7.0	5.2	5.2	4.4	2.2	31.2
Two hours or more but less than five hours	More than three sessions weekly	3.2	3.9	4.3	4.3	2.2	*1.2	19.1
	Two or three sessions weekly	2.8	2.8	2.7	2.2	*0.9	*0.6	12.1
	Less than two sessions weekly	2.2	*0.5	*1.2	*0.9	*0.6	**0.4	5.8
	<i>Total</i>	8.3	7.1	8.2	7.5	3.6	2.1	36.9
Less than two hours	More than three sessions weekly	**0.0	*0.4	*0.9	*0.7	*0.5	**0.1	2.7
	Two or three sessions weekly	*1.1	2.7	2.4	*0.8	*1.0	**0.4	8.3
	Less than two sessions weekly	4.4	5.8	4.2	4.2	1.8	*0.5	20.9
	<i>Total</i>	5.5	8.9	7.4	5.8	3.3	*1.0	31.9
Total	More than three sessions weekly	9.7	8.8	9.5	9.3	6.3	3.3	47.0
	Two or three sessions weekly	4.7	7.7	5.7	3.5	2.4	*1.1	25.1
	Less than two sessions weekly	6.6	6.5	5.6	5.6	2.7	*0.9	27.9
	Total	21.0	23.1	20.8	18.4	11.3	5.3	100.0

(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 2009

* 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 54: Northern Territory regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Regular participation rate (b) (%)	Number (‘000)	Regular participation rate (%)	Number (‘000)	Regular participation rate (%)
AGE GROUP (YEARS)						
15 to 24	9.6	54.8	9.4	59.4	19.0	57.0
25 to 34	5.7	31.3	9.1	49.0	14.8	40.2
35 to 44	7.9	45.9	8.7	51.5	16.6	48.7
45 to 54	7.7	51.0	7.3	50.5	15.0	50.7
55 to 64	4.3	39.2	5.2	55.5	9.5	46.7
65 and over	2.6	43.4	2.6	49.4	5.2	46.2
REGION						
Capital city	26.1	45.0	27.5	50.6	53.6	47.7
Rest of state	11.8	43.3	14.8	56.9	26.5	49.9
EMPLOYMENT STATUS						
Employed full time	27.3	43.9	22.4	57.1	49.7	49.0
Employed part time	4.2	46.8	11.0	51.4	15.1	50.0
Employed refused	**0.3	**44.1	**0.1	**39.5	**0.4	**42.8
Total employed	31.7	44.3	33.4	55.0	65.1	49.2
Unemployed	*1.2	*43.8	*1.8	*59.7	3.0	52.1
Not in the labour force	4.9	45.9	7.1	42.7	12.0	44.0
MARITAL STATUS						
Married	22.0	43.3	25.0	51.7	46.9	47.4
Not married	15.3	45.6	17.2	54.0	32.5	49.7
Refused/Do not know	*0.6	*68.1	**0.1	**58.7	*0.7	*66.6
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	11.7	39.2	15.7	47.9	27.4	43.8
At least one under 18 – none at home	*2.0	*75.7	**0.1	**19.0	2.1	66.1
No children under 18	24.2	45.9	26.5	56.3	50.7	50.8
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	10.9	57.4	13.2	54.2	24.2	55.6
Undergraduate diploma or associate diploma	*1.8	*37.2	3.6	64.4	5.4	51.9
Certificate, trade qualification or apprenticeship	5.6	33.3	5.2	57.0	10.8	41.6
Highest level of secondary school	8.8	48.4	10.9	59.3	19.7	53.9
Did not complete highest level of school	6.3	33.6	7.3	38.8	13.6	36.2
Still at secondary school	3.7	67.0	*1.7	*57.1	5.3	63.5
Other	**0.3	**17.9	**0.3	**34.0	*0.6	*24.1
Refused	*0.6	*75.9	**0.0	**0.0	*0.6	*75.9
INDIGENOUS STATUS						
Indigenous	*1.9	*41.7	*1.8	*37.5	3.7	39.5
Non-Indigenous	35.7	44.4	40.4	53.6	76.1	48.8
Refused	**0.3	**100.0	**0.2	**59.6	**0.4	**79.5
LANGUAGE SPOKEN AT HOME						
English only	32.7	43.8	37.7	53.9	70.4	48.7
European language/s other than English	*1.0	*50.1	*2.0	*58.9	2.9	55.7
Non-European language/s	4.4	48.8	2.6	37.1	7.1	43.7
Total	37.9	44.4	42.3	52.6	80.2	48.4

(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 2009

(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 55: All Northern Territory persons — participation in organised physical activity by frequency, age and sex, 2009 (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	6.4	2.8	3.8	*1.9	2.7	**0.0	17.5
	25 to 34	8.4	5.7	2.7	*1.5	**0.0	**0.0	18.3
	35 to 44	7.9	4.2	3.3	*1.4	**0.3	**0.0	17.1
	45 to 54	10.3	2.3	*1.5	*0.9	**0.1	**0.0	15.2
	55 to 64	7.7	*1.1	*1.6	*0.6	**0.0	**0.0	11.0
	65 and over	5.0	**0.2	*0.5	**0.2	**0.2	**0.0	6.1
	TOTAL		45.7	16.3	13.4	6.5	3.3	**0.0
Females	15 to 24	6.7	2.4	3.2	2.1	*1.4	**0.0	15.9
	25 to 34	9.2	4.0	3.8	*1.2	**0.3	**0.0	18.5
	35 to 44	10.5	*1.9	2.5	*1.2	*0.8	**0.0	16.9
	45 to 54	9.2	2.4	*1.9	*0.7	**0.2	**0.0	14.4
	55 to 64	7.3	*0.5	*0.6	*0.7	**0.2	**0.0	9.4
	65 and over	3.6	**0.1	*1.2	**0.2	**0.3	**0.0	5.3
	TOTAL		46.5	11.2	13.2	6.2	3.2	**0.0
Persons	15 to 24	13.1	5.2	7.0	4.0	4.1	**0.0	33.4
	25 to 34	17.6	9.6	6.5	2.7	**0.3	**0.0	36.8
	35 to 44	18.4	6.1	5.7	2.6	*1.1	**0.0	34.0
	45 to 54	19.4	4.7	3.5	*1.6	**0.3	**0.0	29.5
	55 to 64	15.0	*1.7	2.2	*1.3	**0.2	**0.0	20.4
	65 and over	8.6	**0.2	*1.7	**0.4	**0.4	**0.0	11.3
	TOTAL		92.2	27.6	26.5	12.7	6.5	**0.0

Percentage of row (%)

Males	15 to 24	36.4	16.0	21.5	*10.8	15.2	**0.0	100.0
	25 to 34	45.9	31.0	15.0	*8.2	**0.0	**0.0	100.0
	35 to 44	46.0	24.7	19.0	*8.3	**1.9	**0.0	100.0
	45 to 54	67.7	15.2	*10.1	*6.1	**0.9	**0.0	100.0
	55 to 64	70.0	*10.4	*14.4	*5.2	**0.0	**0.0	100.0
	65 and over	83.3	**2.7	*8.2	**3.3	**2.5	**0.0	100.0
	TOTAL		53.6	19.2	15.7	7.6	3.8	**0.0
Females	15 to 24	42.4	15.1	20.0	13.5	*9.0	**0.0	100.0
	25 to 34	49.6	21.4	20.5	*6.7	**1.8	**0.0	100.0
	35 to 44	62.5	*11.0	14.6	*7.0	*4.9	**0.0	100.0
	45 to 54	63.8	16.5	*13.5	*4.8	**1.3	**0.0	100.0
	55 to 64	77.8	*5.6	*6.6	*7.8	**2.2	**0.0	100.0
	65 and over	67.6	**1.5	*22.0	**4.0	**4.9	**0.0	100.0
	TOTAL		57.9	14.0	16.4	7.7	4.0	**0.0
Persons	15 to 24	39.3	15.6	20.8	12.1	12.2	**0.0	100.0
	25 to 34	47.7	26.2	17.8	7.4	*0.9	**0.0	100.0
	35 to 44	54.2	17.9	16.8	7.7	*3.4	**0.0	100.0
	45 to 54	65.8	15.9	11.7	*5.5	**1.1	**0.0	100.0
	55 to 64	73.6	*8.2	10.8	*6.4	**1.0	**0.0	100.0
	65 and over	76.0	**2.1	*14.6	*3.7	*3.6	**0.0	100.0
	TOTAL		55.7	16.6	16.0	7.7	3.9	**0.0

(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 56: Northern Territory organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	2.8	8.3	5.9	4.6	11.1
	25 to 34	5.7	4.2	2.7	*1.5	9.9
	35 to 44	4.2	5.0	2.9	*1.7	9.3
	45 to 54	2.3	2.6	*1.8	*1.1	4.9
	55 to 64	*1.1	2.2	*1.2	*0.6	3.3
	65 and over	**0.2	*0.8	**0.4	**0.4	*1.0
	TOTAL	16.3	23.2	15.0	9.8	39.5
Females	15 to 24	2.4	6.7	5.3	3.6	9.1
	25 to 34	4.0	5.4	3.3	*1.6	9.3
	35 to 44	*1.9	4.5	3.4	*2.0	6.3
	45 to 54	2.4	2.8	*1.7	*0.9	5.2
	55 to 64	*0.5	*1.6	*1.1	*0.9	2.1
	65 and over	**0.1	*1.6	*1.0	**0.5	*1.7
	TOTAL	11.2	22.6	15.9	9.4	33.8
Persons	15 to 24	5.2	15.1	11.2	8.1	20.3
	25 to 34	9.6	9.6	6.0	3.1	19.3
	35 to 44	6.1	9.5	6.3	3.8	15.6
	45 to 54	4.7	5.4	3.5	*1.9	10.1
	55 to 64	*1.7	3.7	2.4	*1.5	5.4
	65 and over	**0.2	2.5	*1.5	*0.8	2.7
	TOTAL	27.6	45.8	30.9	19.2	73.3

Total participation rate (%) (c)

Males	15 to 24	16.0	47.5	33.9	26.0	63.6
	25 to 34	31.0	23.1	14.6	*8.2	54.1
	35 to 44	24.7	29.2	16.7	*10.2	54.0
	45 to 54	15.2	17.1	*11.8	*7.0	32.3
	55 to 64	*10.4	19.6	*11.3	*5.2	30.0
	65 and over	**2.7	*14.0	**7.3	**5.8	*16.7
	TOTAL	19.2	27.2	17.5	11.5	46.4
Females	15 to 24	15.1	42.5	33.4	22.5	57.6
	25 to 34	21.4	29.0	18.0	*8.5	50.4
	35 to 44	*11.0	26.5	20.3	*11.9	37.5
	45 to 54	16.5	19.6	*11.9	*6.1	36.2
	55 to 64	*5.6	*16.6	*12.1	*10.1	22.2
	65 and over	**1.5	*30.9	*19.7	**8.9	*32.4
	TOTAL	14.0	28.1	19.8	11.8	42.1
Persons	15 to 24	15.6	45.1	33.6	24.3	60.7
	25 to 34	26.2	26.1	16.3	8.3	52.3
	35 to 44	17.9	27.9	18.5	11.0	45.8
	45 to 54	15.9	18.3	11.8	*6.6	34.2
	55 to 64	*8.2	18.2	11.7	*7.4	26.4
	65 and over	**2.1	21.9	*13.1	*7.3	24.0
	TOTAL	16.6	27.7	18.7	11.6	44.3

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 30,900 Northern Territory persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 57: Northern Territory organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (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	3.0	8.8	**0.0	2.5	*2.0	11.1
	25 to 34	*1.2	7.8	*0.6	**0.0	*1.2	9.9
	35 to 44	2.1	5.9	*0.9	**0.3	2.1	9.3
	45 to 54	*1.2	3.3	**0.0	**0.0	*0.9	4.9
	55 to 64	**0.5	2.7	**0.3	**0.1	*0.6	3.3
	65 and over	**0.1	*0.9	**0.0	**0.0	**0.2	*1.0
	TOTAL	8.0	29.4	*1.8	2.9	6.9	39.5
Females	15 to 24	4.0	6.4	*0.8	*0.6	*1.2	9.1
	25 to 34	4.9	5.4	*1.0	**0.0	*1.8	9.3
	35 to 44	3.4	3.0	**0.0	**0.0	*1.5	6.3
	45 to 54	2.3	2.2	**0.2	**0.3	*1.5	5.2
	55 to 64	*0.8	*1.2	**0.0	**0.1	**0.3	2.1
	65 and over	*0.7	*1.2	**0.0	**0.0	**0.5	*1.7
	TOTAL	16.2	19.4	*2.0	*1.0	6.7	33.8
Persons	15 to 24	7.0	15.2	*0.8	3.1	3.2	20.3
	25 to 34	6.1	13.2	*1.6	**0.0	3.0	19.3
	35 to 44	5.5	8.9	*0.9	**0.3	3.5	15.6
	45 to 54	3.5	5.4	**0.2	**0.3	2.4	10.1
	55 to 64	*1.3	4.0	**0.3	**0.2	*0.9	5.4
	65 and over	*0.8	2.1	**0.0	**0.0	*0.6	2.7
	TOTAL	24.1	48.8	3.8	3.9	13.6	73.3
Total participation rate (%) (b)							
Males	15 to 24	17.0	50.4	**0.0	14.2	*11.5	63.6
	25 to 34	*6.3	42.5	*3.3	**0.0	*6.7	54.1
	35 to 44	12.1	34.1	*5.1	**1.6	12.0	54.0
	45 to 54	*8.0	21.4	**0.0	**0.0	*5.6	32.3
	55 to 64	**4.2	24.8	**3.1	**1.0	*5.1	30.0
	65 and over	**1.5	*15.5	**0.0	**0.0	**2.7	*16.7
	TOTAL	9.4	34.5	*2.1	3.4	8.1	46.4
Females	15 to 24	25.4	40.3	*5.1	*4.0	*7.4	57.6
	25 to 34	26.5	29.2	*5.2	**0.0	*9.5	50.4
	35 to 44	20.1	18.1	**0.0	**0.0	*8.7	37.5
	45 to 54	15.9	15.1	**1.2	**1.8	*10.6	36.2
	55 to 64	*8.8	*13.2	**0.0	**1.0	*3.4	22.2
	65 and over	*13.9	*21.9	**0.0	**0.0	*9.0	*32.4
	TOTAL	20.1	24.2	*2.4	*1.2	8.4	42.1
Persons	15 to 24	21.0	45.6	*2.4	9.4	9.6	60.7
	25 to 34	16.5	35.8	*4.3	**0.0	8.1	52.3
	35 to 44	16.0	26.2	*2.6	**0.8	10.4	45.8
	45 to 54	11.9	18.4	**0.6	**0.9	8.0	34.2
	55 to 64	*6.3	19.5	**1.7	**1.0	*4.3	26.4
	65 and over	*7.2	18.4	**0.0	**0.0	*5.7	24.0
	TOTAL	14.6	29.5	2.3	2.3	8.2	44.3

(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 2009

(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 58: Northern Territory participants — total participation in specific activities (organised and non-organised) by sex, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	12.2	14.3	21.2	26.4	33.3	20.1
Aquarobics	**0.0	**0.0	*1.4	*1.7	*1.4	*0.8
Athletics/track and field	*1.0	*1.1	**0.4	**0.5	*1.3	*0.8
Australian rules football	6.2	7.3	*0.8	*1.0	7.0	4.2
Badminton	*0.8	*0.9	*0.6	*0.8	*1.4	*0.8
Baseball	*0.5	*0.6	**0.1	**0.1	*0.6	*0.4
Basketball	4.7	5.5	2.5	3.1	7.2	4.3
Billiards/snooker/pool	**0.3	**0.3	**0.0	**0.0	**0.3	**0.2
Boxing	*0.6	*0.7	*0.5	*0.7	*1.1	*0.7
Canoeing/kayaking	*0.7	*0.9	*0.7	*0.8	*1.4	*0.8
Carpet bowls	**0.0	**0.0	**0.1	**0.1	**0.1	**0.0
Cricket (indoor)	2.1	2.5	**0.3	**0.4	2.4	1.5
Cricket (outdoor)	5.8	6.9	*1.0	*1.3	6.9	4.2
Cycling	13.3	15.6	9.5	11.9	22.9	13.8
Dancing	*0.7	*0.8	2.1	2.6	2.8	1.7
Darts	*0.6	*0.8	**0.1	**0.1	*0.7	*0.4
Fishing	6.6	7.8	*1.7	*2.1	8.4	5.0
Football (indoor)	*1.4	*1.6	*1.8	*2.2	3.1	1.9
Football (outdoor)	6.4	7.5	2.6	3.2	9.0	5.4
Golf	9.0	10.6	*1.4	*1.8	10.4	6.3
Hockey (indoor)	**0.2	**0.3	**0.3	**0.4	*0.5	*0.3
Hockey (outdoor)	*1.6	*1.9	*1.0	*1.2	2.6	1.6
Horse riding/equestrian activities/polocrosse	**0.5	**0.5	*1.2	*1.5	*1.6	*1.0
Ice/snow sports	**0.2	**0.2	**0.4	**0.5	*0.6	*0.4
Lawn bowls	*1.1	*1.2	**0.3	**0.4	*1.4	*0.8
Martial arts	*1.4	*1.6	2.3	2.9	3.7	2.2
Motor sports	3.1	3.6	*0.7	*0.8	3.7	2.3
Netball	**0.3	**0.3	6.6	8.2	6.9	4.2
Orienteering	*0.6	*0.7	*0.7	*0.9	*1.3	*0.8
Rock climbing	*1.1	*1.3	*0.9	*1.1	*2.0	*1.2
Roller sports	*0.6	*0.7	**0.1	**0.2	*0.7	*0.4
Rowing	**0.1	**0.2	**0.0	**0.0	**0.1	**0.1
Rugby league	4.1	4.8	**0.5	**0.6	4.6	2.8
Rugby union	4.0	4.6	**0.5	**0.6	4.4	2.7
Running	9.9	11.7	6.8	8.5	16.8	10.1
Sailing	*0.6	*0.7	**0.1	**0.1	*0.7	*0.5
Scuba diving	**0.1	**0.1	**0.1	**0.2	**0.3	**0.2
Shooting sports	*0.6	*0.7	**0.0	**0.0	*0.6	*0.4
Softball	*0.7	*0.8	*0.7	*0.9	*1.4	*0.8
Squash/racquetball	3.0	3.5	**0.5	**0.6	3.5	2.1
Surf sports	**0.4	**0.5	**0.4	**0.5	*0.8	*0.5
Swimming	10.3	12.1	18.0	22.4	28.4	17.1
Table tennis	*0.9	*1.1	**0.1	**0.1	*1.0	*0.6
Tennis	4.3	5.1	2.5	3.1	6.8	4.1
Tenpin bowling	**0.3	**0.4	**0.2	**0.2	*0.5	*0.3
Touch football	3.7	4.3	3.5	4.3	7.2	4.3
Triathlon	*0.5	*0.6	**0.4	**0.4	*0.9	*0.5
Volleyball	3.2	3.7	2.4	3.0	5.6	3.4
Walking (bush)	5.4	6.4	3.6	4.5	9.0	5.4
Walking (other)	17.9	21.1	36.7	45.6	54.6	33.0
Water polo	**0.0	**0.0	**0.2	**0.3	**0.2	**0.1
Waterskiing/powerboating	*1.4	*1.7	*0.7	*0.8	2.1	1.2
Weight training	4.1	4.8	2.6	3.3	6.7	4.1
Yoga	*0.7	*0.8	5.8	7.2	6.5	3.9

(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 2009

(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 59: Northern Territory participants — total participation in specific activities by type of activity, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	13.1	23.1	33.3	7.9	13.9	20.1
Aquarobics	*1.0	**0.4	*1.4	*0.6	**0.2	*0.8
Athletics/track and field	*1.2	**0.3	*1.3	*0.7	**0.2	*0.8
Australian rules football	4.4	2.9	7.0	2.6	1.8	4.2
Badminton	*1.2	**0.2	*1.4	*0.7	**0.1	*0.8
Baseball	**0.5	**0.2	*0.6	**0.3	**0.1	*0.4
Basketball	4.6	2.8	7.2	2.8	1.7	4.3
Billiards/snooker/pool	**0.2	**0.1	**0.3	**0.1	**0.1	**0.2
Boxing	**0.4	*1.0	*1.1	**0.2	*0.6	*0.7
Canoeing/kayaking	*0.6	*1.2	*1.4	*0.4	*0.7	*0.8
Carpet bowls	**0.1	**0.0	**0.1	**0.0	**0.0	**0.0
Cricket (indoor)	*1.4	*1.0	2.4	*0.9	*0.6	1.5
Cricket (outdoor)	4.7	2.5	6.9	2.8	1.5	4.2
Cycling	*1.9	21.8	22.9	*1.2	13.2	13.8
Dancing	*2.0	*1.2	2.8	*1.2	*0.7	1.7
Darts	**0.4	**0.4	*0.7	**0.2	**0.2	*0.4
Fishing	2.0	8.0	8.4	1.2	4.8	5.0
Football (indoor)	2.3	*1.4	3.1	1.4	*0.9	1.9
Football (outdoor)	5.2	4.2	9.0	3.2	2.6	5.4
Golf	4.9	7.4	10.4	3.0	4.5	6.3
Hockey (indoor)	**0.3	**0.2	*0.5	**0.2	**0.1	*0.3
Hockey (outdoor)	2.2	**0.4	2.6	1.4	**0.2	1.6
Horse riding/equestrian activities/polocrosse	*0.8	*1.4	*1.6	*0.5	*0.9	*1.0
Ice/snow sports	**0.0	*0.6	*0.6	**0.0	*0.4	*0.4
Lawn bowls	*1.1	**0.5	*1.4	*0.6	**0.3	*0.8
Martial arts	2.1	*1.8	3.7	1.3	*1.1	2.2
Motor sports	*1.4	3.0	3.7	*0.8	1.8	2.3
Netball	5.9	*1.9	6.9	3.5	*1.2	4.2
Orienteering	*0.9	**0.4	*1.3	*0.6	**0.2	*0.8
Rock climbing	**0.0	*2.0	*2.0	**0.0	*1.2	*1.2
Roller sports	**0.0	*0.7	*0.7	**0.0	*0.4	*0.4
Rowing	**0.0	**0.1	**0.1	**0.0	**0.1	**0.1
Rugby league	3.5	*1.3	4.6	2.1	*0.8	2.8
Rugby union	3.9	*0.9	4.4	2.3	*0.6	2.7
Running	3.0	15.3	16.8	1.8	9.3	10.1
Sailing	**0.5	*0.5	*0.7	**0.3	*0.3	*0.5
Scuba diving	**0.0	**0.3	**0.3	**0.0	**0.2	**0.2
Shooting sports	**0.1	*0.5	*0.6	**0.1	*0.3	*0.4
Softball	*1.3	**0.1	*1.4	*0.8	**0.1	*0.8
Squash/racquetball	*1.2	2.5	3.5	*0.7	1.5	2.1
Surf sports	**0.0	*0.8	*0.8	**0.0	*0.5	*0.5
Swimming	*1.9	27.2	28.4	*1.1	16.4	17.1
Table tennis	*0.9	**0.4	*1.0	*0.5	**0.2	*0.6
Tennis	2.7	4.9	6.8	1.6	3.0	4.1
Tenpin bowling	**0.1	**0.4	*0.5	**0.1	**0.3	*0.3
Touch football	6.2	*1.3	7.2	3.7	*0.8	4.3
Triathlon	*0.9	**0.3	*0.9	*0.5	**0.2	*0.5
Volleyball	3.9	*1.8	5.6	2.4	*1.1	3.4
Walking (bush)	*0.7	8.9	9.0	*0.4	5.4	5.4
Walking (other)	2.8	53.3	54.6	1.7	32.2	33.0
Water polo	**0.0	**0.2	**0.2	**0.0	**0.1	**0.1
Waterskiing/powerboating	**0.1	*2.0	2.1	**0.1	*1.2	1.2
Weight training	*0.8	6.0	6.7	*0.5	3.6	4.1
Yoga	2.5	4.3	6.5	1.5	2.6	3.9

(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 2009

(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

10.3.4 Queensland

Table 60: Queensland participants — total participation in physical activity by type of participation, age and sex, 2009 (a)

Sex	Age group (years)	Organised only (c)	Non-organised only (d)	Both organised and non-organised (e)	Total organised	Total non-organised	Total participation
		(A)	(B)	(C)	(A + C)	(B + C)	(A + B + C)
		Number ('000)					
Males	15 to 24	58.0	68.8	151.7	209.7	220.5	278.5
	25 to 34	30.0	108.2	114.0	144.0	222.2	252.2
	35 to 44	46.1	136.5	87.2	133.3	223.7	269.8
	45 to 54	*17.5	134.3	71.9	89.4	206.2	223.7
	55 to 64	20.6	106.6	54.4	75.0	161.0	181.6
	65 and over	31.1	98.5	26.6	57.7	125.1	156.2
	TOTAL		203.4	653.0	505.7	709.1	1,158.7
Females	15 to 24	59.9	74.3	126.8	186.7	201.2	261.0
	25 to 34	29.3	132.9	78.4	107.7	211.3	240.6
	35 to 44	30.4	163.0	85.4	115.8	248.4	278.8
	45 to 54	*12.5	166.4	54.3	66.8	220.7	233.2
	55 to 64	*16.2	131.3	52.0	68.1	183.3	199.4
	65 and over	26.5	108.1	49.7	76.2	157.9	184.3
	TOTAL		174.7	776.0	446.6	621.3	1,222.7
Persons	15 to 24	117.9	143.2	278.5	396.4	421.7	539.6
	25 to 34	59.2	241.1	192.4	251.7	433.5	492.8
	35 to 44	76.5	299.5	172.6	249.1	472.1	548.6
	45 to 54	30.0	300.7	126.2	156.2	426.8	456.9
	55 to 64	36.8	237.9	106.4	143.2	344.3	381.0
	65 and over	57.6	206.7	76.3	133.9	283.0	340.6
	TOTAL		378.0	1,429.0	952.4	1,330.4	2,381.4
Total participation rate (%) (b)							
Males	15 to 24	19.0	22.5	49.6	68.6	72.2	91.1
	25 to 34	10.0	36.2	38.1	48.1	74.3	84.3
	35 to 44	14.9	44.1	28.1	43.0	72.2	87.1
	45 to 54	*6.0	45.8	24.5	30.5	70.3	76.3
	55 to 64	8.3	43.1	22.0	30.3	65.1	73.4
	65 and over	12.8	40.5	10.9	23.7	51.4	64.1
	TOTAL		12.0	38.4	29.8	41.7	68.2
Females	15 to 24	20.3	25.1	42.9	63.2	68.1	88.3
	25 to 34	9.8	44.5	26.3	36.1	70.8	80.6
	35 to 44	9.6	51.5	27.0	36.6	78.5	88.1
	45 to 54	*4.1	55.1	18.0	22.1	73.1	77.2
	55 to 64	*6.6	53.4	21.1	27.7	74.5	81.1
	65 and over	10.0	40.7	18.7	28.7	59.4	69.3
	TOTAL		10.1	45.0	25.9	36.0	70.9
Persons	15 to 24	19.6	23.8	46.3	65.9	70.1	89.8
	25 to 34	9.9	40.3	32.2	42.1	72.5	82.5
	35 to 44	12.2	47.8	27.6	39.8	75.4	87.6
	45 to 54	5.0	50.5	21.2	26.2	71.7	76.8
	55 to 64	7.5	48.2	21.6	29.0	69.8	77.2
	65 and over	11.3	40.6	15.0	26.3	55.5	66.9
	TOTAL		11.0	41.7	27.8	38.9	69.6

(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 2009

(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

Table 61: Queensland participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	278.5	91.1	261.0	88.3	539.6	89.8
25 to 34	252.2	84.3	240.6	80.6	492.8	82.5
35 to 44	269.8	87.1	278.8	88.1	548.6	87.6
45 to 54	223.7	76.3	233.2	77.2	456.9	76.8
55 to 64	181.6	73.4	199.4	81.1	381.0	77.2
65 and over	156.2	64.1	184.3	69.3	340.6	66.9
REGION						
Capital city	606.8	80.9	635.4	82.1	1,242.2	81.5
Rest of state	755.3	79.6	761.9	80.2	1,517.2	79.9
EMPLOYMENT STATUS						
Employed full time	806.6	81.9	395.2	79.9	1,201.8	81.2
Employed part time	179.8	83.8	458.9	88.3	638.8	87.0
Employed refused	**5.5	**63.2	*7.1	*87.8	*12.6	*75.0
Total employed	992.0	82.1	861.2	84.2	1,853.2	83.1
Unemployed	76.0	82.1	81.4	83.3	157.4	82.7
Not in the labour force	294.1	73.9	454.7	75.3	748.8	74.7
MARITAL STATUS						
Married	814.8	79.2	805.0	80.5	1,619.8	79.8
Not married	541.3	81.9	585.6	81.9	1,126.9	81.9
Refused/Do not know	**6.0	**63.2	*6.8	*75.5	*12.7	*69.2
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	410.0	84.0	477.9	81.0	887.9	82.4
At least one under 18 — none at home	43.7	76.7	*8.9	*70.3	52.6	75.5
No children under 18	908.0	78.7	910.2	81.2	1,818.2	79.9
Refused	**0.4	**100.0	**0.3	**100.0	**0.7	**100.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	348.0	90.9	311.3	87.7	659.3	89.4
Undergraduate diploma or associate diploma	83.0	89.2	112.6	89.2	195.6	89.2
Certificate, trade qualification or apprenticeship	250.4	82.3	183.4	82.3	433.8	82.3
Highest level of secondary school	314.5	81.5	360.6	82.9	675.1	82.3
Did not complete highest level of school	259.1	65.5	347.6	72.3	606.8	69.2
Never went to school	**0.0	**0.0	**0.3	**32.3	**0.3	**21.0
Still at secondary school	67.3	89.2	49.6	93.4	116.9	91.0
Other	33.7	68.2	29.6	66.2	63.3	67.2
Refused	*6.1	*51.8	**2.4	**37.5	*8.4	*46.8
INDIGENOUS STATUS						
Indigenous	23.1	62.7	36.9	78.7	60.1	71.6
Non-Indigenous	1,338.0	80.6	1,359.6	81.1	2,697.6	80.8
Refused	**1.0	**80.3	**0.8	**58.4	**1.8	**68.6
LANGUAGE SPOKEN AT HOME						
English only	1,231.7	80.0	1,313.1	81.7	2,544.8	80.9
European language/s other than English	42.8	78.0	28.9	79.0	71.6	78.4
Non-European language/s	91.9	83.4	61.1	70.6	153.0	77.8
Total	1,362.1	80.2	1,397.3	81.0	2,759.4	80.6

(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 2009

(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 62: All Queensland persons — participation in any physical activity by frequency, age and sex, 2009 (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	27.1	46.4	49.2	70.6	112.4	**0.0	305.6
	25 to 34	47.1	66.3	56.6	47.1	82.2	**0.0	299.3
	35 to 44	39.9	64.3	67.3	71.5	66.8	**0.0	309.8
	45 to 54	69.6	40.8	68.8	57.4	56.6	**0.0	293.3
	55 to 64	65.7	35.7	48.8	37.9	59.0	**0.2	247.4
	65 and over	87.3	20.9	35.8	36.1	58.9	**4.5	243.5
	TOTAL		336.7	274.4	326.4	320.5	435.9	**4.8
Females	15 to 24	34.5	40.6	53.1	71.1	96.2	**0.0	295.6
	25 to 34	57.8	36.8	72.3	53.9	77.6	**0.0	298.3
	35 to 44	37.8	41.7	77.1	77.7	82.0	**0.2	316.6
	45 to 54	68.7	28.4	53.4	59.9	90.2	**1.2	301.9
	55 to 64	46.6	*20.3	44.5	46.3	88.1	**0.2	246.0
	65 and over	81.6	*18.3	38.4	47.5	80.1	**0.0	265.9
	TOTAL		326.9	186.2	338.9	356.4	514.2	**1.6
Persons	15 to 24	61.6	87.0	102.3	141.7	208.6	**0.0	601.2
	25 to 34	104.8	103.1	128.9	101.0	159.8	**0.0	597.6
	35 to 44	77.7	106.1	144.4	149.1	148.8	**0.2	626.4
	45 to 54	138.3	69.2	122.3	117.3	146.8	**1.2	595.1
	55 to 64	112.3	56.0	93.3	84.2	147.1	**0.4	493.4
	65 and over	168.9	39.2	74.2	83.6	139.0	**4.5	509.4
	TOTAL		663.6	460.6	665.3	676.9	950.2	*6.4

Percentage of row (%)

Males	15 to 24	8.9	15.2	16.1	23.1	36.8	**0.0	100.0
	25 to 34	15.7	22.1	18.9	15.7	27.5	**0.0	100.0
	35 to 44	12.9	20.8	21.7	23.1	21.6	**0.0	100.0
	45 to 54	23.7	13.9	23.5	19.6	19.3	**0.0	100.0
	55 to 64	26.6	14.4	19.7	15.3	23.9	**0.1	100.0
	65 and over	35.9	8.6	14.7	14.8	24.2	**1.9	100.0
	TOTAL	19.8	16.2	19.2	18.9	25.7	**0.3	100.0
Females	15 to 24	11.7	13.7	18.0	24.1	32.5	**0.0	100.0
	25 to 34	19.4	12.3	24.2	18.1	26.0	**0.0	100.0
	35 to 44	11.9	13.2	24.4	24.5	25.9	**0.1	100.0
	45 to 54	22.8	9.4	17.7	19.8	29.9	**0.4	100.0
	55 to 64	18.9	*8.2	18.1	18.8	35.8	**0.1	100.0
	65 and over	30.7	*6.9	14.5	17.9	30.1	**0.0	100.0
	TOTAL	19.0	10.8	19.7	20.7	29.8	**0.1	100.0
Persons	15 to 24	10.2	14.5	17.0	23.6	34.7	**0.0	100.0
	25 to 34	17.5	17.3	21.6	16.9	26.7	**0.0	100.0
	35 to 44	12.4	16.9	23.1	23.8	23.8	**0.0	100.0
	45 to 54	23.2	11.6	20.5	19.7	24.7	**0.2	100.0
	55 to 64	22.8	11.3	18.9	17.1	29.8	**0.1	100.0
	65 and over	33.1	7.7	14.6	16.4	27.3	**0.9	100.0
	TOTAL	19.4	13.5	19.4	19.8	27.8	*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 63: Queensland participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	46.4	232.1	208.1	182.9	278.5
	25 to 34	66.3	185.9	152.8	129.3	252.2
	35 to 44	64.3	205.5	168.7	138.2	269.8
	45 to 54	40.8	182.9	150.7	114.1	223.7
	55 to 64	35.7	145.7	118.3	96.9	181.6
	65 and over	20.9	130.8	111.0	95.0	156.2
	TOTAL		274.4	1,082.9	909.5	756.5
Females	15 to 24	40.6	220.4	197.7	167.3	261.0
	25 to 34	36.8	203.7	167.7	131.5	240.6
	35 to 44	41.7	236.8	195.4	159.7	278.8
	45 to 54	28.4	203.5	178.7	150.1	233.2
	55 to 64	*20.3	179.0	160.5	134.5	199.4
	65 and over	*18.3	166.0	148.3	127.6	184.3
	TOTAL		186.2	1,209.5	1,048.2	870.6
Persons	15 to 24	87.0	452.6	405.8	350.2	539.6
	25 to 34	103.1	389.7	320.5	260.8	492.8
	35 to 44	106.1	442.3	364.1	297.9	548.6
	45 to 54	69.2	386.4	329.4	264.2	456.9
	55 to 64	56.0	324.7	278.7	231.4	381.0
	65 and over	39.2	296.8	259.2	222.6	340.6
	TOTAL		460.6	2,292.4	1,957.7	1,627.1
Total participation rate (%) (c)						
Males	15 to 24	15.2	76.0	68.1	59.9	91.1
	25 to 34	22.1	62.1	51.1	43.2	84.3
	35 to 44	20.8	66.3	54.5	44.6	87.1
	45 to 54	13.9	62.4	51.4	38.9	76.3
	55 to 64	14.4	58.9	47.8	39.2	73.4
	65 and over	8.6	53.7	45.6	39.0	64.1
	TOTAL		16.2	63.7	53.5	44.5
Females	15 to 24	13.7	74.6	66.9	56.6	88.3
	25 to 34	12.3	68.3	56.2	44.1	80.6
	35 to 44	13.2	74.8	61.7	50.5	88.1
	45 to 54	9.4	67.4	59.2	49.7	77.2
	55 to 64	*8.2	72.8	65.2	54.7	81.1
	65 and over	*6.9	62.4	55.8	48.0	69.3
	TOTAL		10.8	70.1	60.8	50.5
Persons	15 to 24	14.5	75.3	67.5	58.3	89.8
	25 to 34	17.3	65.2	53.6	43.6	82.5
	35 to 44	16.9	70.6	58.1	47.6	87.6
	45 to 54	11.6	64.9	55.4	44.4	76.8
	55 to 64	11.3	65.8	56.5	46.9	77.2
	65 and over	7.7	58.3	50.9	43.7	66.9
	TOTAL		13.5	67.0	57.2	47.5

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 2.0 million Queensland persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 64: Queensland recent participants — recent participation in any physical activity by duration and age, 2009 (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	156.8	79.2	89.9	89.5	88.5	82.7	586.6
	Two or three sessions weekly	*18.7	*14.7	23.1	*16.7	*15.9	*20.2	109.4
	Less than two sessions weekly	**1.1	**1.9	**3.4	*7.7	**3.4	*6.3	23.8
	<i>Total</i>	176.7	95.7	116.4	113.9	107.8	109.2	719.7
Two hours or more but less than five hours	More than three sessions weekly	68.3	75.1	72.8	95.0	77.7	63.0	451.9
	Two or three sessions weekly	93.4	47.8	63.9	39.9	33.7	28.0	306.7
	Less than two sessions weekly	*14.8	27.2	*20.2	*15.7	*20.4	*14.5	112.9
	<i>Total</i>	176.5	150.1	157.0	150.6	131.8	105.4	871.5
Less than two hours	More than three sessions weekly	*6.3	*7.3	*17.7	*13.4	*7.0	*12.6	64.4
	Two or three sessions weekly	*17.4	45.2	50.3	32.9	23.9	26.2	195.9
	Less than two sessions weekly	92.4	90.9	107.2	62.2	58.9	38.6	450.1
	<i>Total</i>	116.0	143.4	175.2	108.5	89.9	77.4	710.5
Total	More than three sessions weekly	231.5	161.6	180.5	197.9	173.2	158.3	1,102.9
	Two or three sessions weekly	129.5	107.7	137.4	89.5	73.5	74.4	612.0
	Less than two sessions weekly	108.2	120.0	130.7	85.6	82.8	59.4	586.8
	Total	469.2	389.2	448.6	373.1	329.5	292.1	2,301.7
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	6.8	3.4	3.9	3.9	3.8	3.6	25.5
	Two or three sessions weekly	*0.8	*0.6	1.0	*0.7	*0.7	*0.9	4.8
	Less than two sessions weekly	**0.0	**0.1	**0.1	*0.3	**0.1	*0.3	1.0
	<i>Total</i>	7.7	4.2	5.1	4.9	4.7	4.7	31.3
Two hours or more but less than five hours	More than three sessions weekly	3.0	3.3	3.2	4.1	3.4	2.7	19.6
	Two or three sessions weekly	4.1	2.1	2.8	1.7	1.5	1.2	13.3
	Less than two sessions weekly	*0.6	1.2	*0.9	*0.7	*0.9	*0.6	4.9
	<i>Total</i>	7.7	6.5	6.8	6.5	5.7	4.6	37.9
Less than two hours	More than three sessions weekly	*0.3	*0.3	*0.8	*0.6	*0.3	*0.5	2.8
	Two or three sessions weekly	*0.8	2.0	2.2	1.4	1.0	1.1	8.5
	Less than two sessions weekly	4.0	3.9	4.7	2.7	2.6	1.7	19.6
	<i>Total</i>	5.0	6.2	7.6	4.7	3.9	3.4	30.9
Total	More than three sessions weekly	10.1	7.0	7.8	8.6	7.5	6.9	47.9
	Two or three sessions weekly	5.6	4.7	6.0	3.9	3.2	3.2	26.6
	Less than two sessions weekly	4.7	5.2	5.7	3.7	3.6	2.6	25.5
	Total	20.4	16.9	19.5	16.2	14.3	12.7	100.0

(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 2009

* 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 65: Queensland regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Regular participation rate (b) (%)	Number (‘000)	Regular participation rate (%)	Number (‘000)	Regular participation rate (%)
AGE GROUP (YEARS)						
15 to 24	182.9	59.9	167.3	56.6	350.2	58.3
25 to 34	129.3	43.2	131.5	44.1	260.8	43.6
35 to 44	138.2	44.6	159.7	50.5	297.9	47.6
45 to 54	114.1	38.9	150.1	49.7	264.2	44.4
55 to 64	96.9	39.2	134.5	54.7	231.4	46.9
65 and over	95.0	39.0	127.6	48.0	222.6	43.7
REGION						
Capital city	358.8	47.8	405.9	52.4	764.7	50.2
Rest of state	397.7	41.9	464.8	48.9	862.4	45.4
EMPLOYMENT STATUS						
Employed full time	416.9	42.3	244.1	49.3	661.0	44.7
Employed part time	114.4	53.3	279.4	53.8	393.9	53.6
Employed refused	**4.6	**53.2	**5.1	**63.6	*9.7	*58.2
Total employed	536.0	44.4	528.6	51.7	1,064.6	47.7
Unemployed	37.5	40.5	53.1	54.4	90.6	47.6
Not in the labour force	183.0	46.0	288.9	47.8	471.9	47.1
MARITAL STATUS						
Married	423.5	41.2	489.9	49.0	913.4	45.0
Not married	327.9	49.6	375.6	52.5	703.5	51.1
Refused/Do not know	**5.0	**53.2	**5.1	**57.3	*10.1	*55.2
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	191.8	39.3	269.7	45.7	461.4	42.8
At least one under 18 — none at home	26.6	46.7	**5.3	**41.8	31.9	45.8
No children under 18	538.1	46.6	595.4	53.1	1,133.4	49.8
Refused	**0.0	**0.0	**0.3	**100.0	**0.3	**41.6
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	229.0	59.9	202.3	57.0	431.3	58.5
Undergraduate diploma or associate diploma	52.1	56.0	61.5	48.7	113.6	51.8
Certificate, trade qualification or apprenticeship	107.7	35.4	102.9	46.2	210.6	39.9
Highest level of secondary school	177.3	46.0	217.5	50.0	394.8	48.1
Did not complete highest level of school	121.2	30.6	234.4	48.8	355.6	40.6
Never went to school	**0.0	**0.0	**0.3	**32.3	**0.3	**21.0
Still at secondary school	49.1	65.1	33.9	63.9	83.0	64.6
Other	*16.8	*34.0	*16.6	*37.1	33.4	35.5
Refused	**3.3	**28.0	**1.2	**19.1	**4.5	**24.9
INDIGENOUS STATUS						
Indigenous	*12.8	*34.6	26.5	56.6	39.3	46.9
Non-Indigenous	743.1	44.7	843.9	50.4	1,587.0	47.6
Refused	**0.6	**49.7	**0.2	**15.0	**0.8	**31.1
LANGUAGE SPOKEN AT HOME						
English only	672.8	43.7	817.7	50.9	1,490.5	47.4
European language/s other than English	31.2	56.8	*19.8	*54.2	51.0	55.8
Non-European language/s	55.9	50.7	38.6	44.6	94.5	48.0
Total	756.5	44.5	870.6	50.5	1,627.1	47.5

(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 2009

(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 66: All Queensland persons — participation in organised physical activity by frequency, age and sex, 2009 (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	95.9	54.3	65.7	54.2	35.5	**0.0	305.6
	25 to 34	155.3	62.6	44.1	21.2	*16.1	**0.0	299.3
	35 to 44	176.4	60.0	36.7	23.1	*13.5	**0.0	309.8
	45 to 54	203.8	32.5	39.2	*13.2	**4.6	**0.0	293.3
	55 to 64	172.4	23.5	33.8	*11.6	**5.8	**0.2	247.4
	65 and over	185.9	*13.7	25.1	*15.8	**3.1	**0.0	243.5
	TOTAL	989.7	246.6	244.6	139.0	78.7	**0.2	1,698.8
Females	15 to 24	108.9	40.6	55.0	65.5	25.6	**0.0	295.6
	25 to 34	190.6	38.0	46.4	*18.0	**5.2	**0.0	298.3
	35 to 44	200.8	40.8	45.2	*18.4	*11.4	**0.0	316.6
	45 to 54	235.1	26.7	*19.2	*12.3	*8.7	**0.0	301.9
	55 to 64	177.8	*17.9	29.6	*15.8	**4.8	**0.0	246.0
	65 and over	189.7	22.4	32.6	*16.3	**4.9	**0.0	265.9
	TOTAL	1,103.0	186.4	228.1	146.3	60.5	**0.0	1,724.3
Persons	15 to 24	204.8	94.9	120.7	119.7	61.1	**0.0	601.2
	25 to 34	345.9	100.6	90.6	39.2	21.3	**0.0	597.6
	35 to 44	377.2	100.9	81.9	41.5	24.9	**0.0	626.4
	45 to 54	439.0	59.1	58.4	25.4	*13.2	**0.0	595.1
	55 to 64	350.2	41.4	63.4	27.4	*10.7	**0.2	493.4
	65 and over	375.6	36.1	57.7	32.1	*8.0	**0.0	509.4
	TOTAL	2,092.6	433.0	472.7	285.3	139.2	**0.2	3,423.0
Percentage of row (%)								
Males	15 to 24	31.4	17.8	21.5	17.7	11.6	**0.0	100.0
	25 to 34	51.9	20.9	14.7	7.1	*5.4	**0.0	100.0
	35 to 44	57.0	19.4	11.8	7.5	*4.4	**0.0	100.0
	45 to 54	69.5	11.1	13.4	*4.5	**1.6	**0.0	100.0
	55 to 64	69.7	9.5	13.7	*4.7	**2.4	**0.1	100.0
	65 and over	76.3	*5.6	10.3	*6.5	**1.3	**0.0	100.0
	TOTAL	58.3	14.5	14.4	8.2	4.6	**0.0	100.0
Females	15 to 24	36.8	13.7	18.6	22.2	8.6	**0.0	100.0
	25 to 34	63.9	12.7	15.6	*6.0	**1.8	**0.0	100.0
	35 to 44	63.4	12.9	14.3	*5.8	*3.6	**0.0	100.0
	45 to 54	77.9	8.8	*6.4	*4.1	*2.9	**0.0	100.0
	55 to 64	72.3	*7.3	12.0	*6.4	**2.0	**0.0	100.0
	65 and over	71.3	8.4	12.3	*6.1	**1.8	**0.0	100.0
	TOTAL	64.0	10.8	13.2	8.5	3.5	**0.0	100.0
Persons	15 to 24	34.1	15.8	20.1	19.9	10.2	**0.0	100.0
	25 to 34	57.9	16.8	15.2	6.6	3.6	**0.0	100.0
	35 to 44	60.2	16.1	13.1	6.6	4.0	**0.0	100.0
	45 to 54	73.8	9.9	9.8	4.3	*2.2	**0.0	100.0
	55 to 64	71.0	8.4	12.9	5.6	*2.2	**0.0	100.0
	65 and over	73.7	7.1	11.3	6.3	*1.6	**0.0	100.0
	TOTAL	61.1	12.6	13.8	8.3	4.1	**0.0	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 67: Queensland organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	54.3	155.4	118.8	89.7	209.7
	25 to 34	62.6	81.4	54.8	37.3	144.0
	35 to 44	60.0	73.3	51.0	36.6	133.3
	45 to 54	32.5	57.0	29.5	*17.8	89.4
	55 to 64	23.5	51.2	33.0	*17.5	75.0
	65 and over	*13.7	44.0	24.3	*18.9	57.7
	TOTAL	246.6	462.3	311.3	217.7	709.1
Females	15 to 24	40.6	146.1	119.5	91.1	186.7
	25 to 34	38.0	69.6	46.4	23.2	107.7
	35 to 44	40.8	75.0	46.4	29.8	115.8
	45 to 54	26.7	40.1	27.0	20.9	66.8
	55 to 64	*17.9	50.2	35.4	20.6	68.1
	65 and over	22.4	53.8	36.6	21.2	76.2
	TOTAL	186.4	434.9	311.3	206.8	621.3
Persons	15 to 24	94.9	301.5	238.3	180.8	396.4
	25 to 34	100.6	151.1	101.2	60.5	251.7
	35 to 44	100.9	148.2	97.4	66.4	249.1
	45 to 54	59.1	97.1	56.4	38.7	156.2
	55 to 64	41.4	101.5	68.4	38.1	143.2
	65 and over	36.1	97.8	60.8	40.1	133.9
	TOTAL	433.0	897.2	622.6	424.5	1,330.4
Total participation rate (%) (c)						
Males	15 to 24	17.8	50.9	38.9	29.3	68.6
	25 to 34	20.9	27.2	18.3	12.5	48.1
	35 to 44	19.4	23.7	16.5	11.8	43.0
	45 to 54	11.1	19.4	10.0	*6.1	30.5
	55 to 64	9.5	20.7	13.3	*7.1	30.3
	65 and over	*5.6	18.1	10.0	*7.8	23.7
	TOTAL	14.5	27.2	18.3	12.8	41.7
Females	15 to 24	13.7	49.4	40.4	30.8	63.2
	25 to 34	12.7	23.3	15.6	7.8	36.1
	35 to 44	12.9	23.7	14.7	9.4	36.6
	45 to 54	8.8	13.3	8.9	6.9	22.1
	55 to 64	*7.3	20.4	14.4	8.4	27.7
	65 and over	8.4	20.2	13.8	8.0	28.7
	TOTAL	10.8	25.2	18.1	12.0	36.0
Persons	15 to 24	15.8	50.2	39.6	30.1	65.9
	25 to 34	16.8	25.3	16.9	10.1	42.1
	35 to 44	16.1	23.7	15.6	10.6	39.8
	45 to 54	9.9	16.3	9.5	6.5	26.2
	55 to 64	8.4	20.6	13.9	7.7	29.0
	65 and over	7.1	19.2	11.9	7.9	26.3
	TOTAL	12.6	26.2	18.2	12.4	38.9

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 622,600 Queensland persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 68: Queensland organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (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	58.3	144.3	**3.9	78.1	28.1	209.7
	25 to 34	53.6	99.8	*10.8	**0.3	21.0	144.0
	35 to 44	37.7	100.9	*8.2	**3.2	26.4	133.3
	45 to 54	24.5	60.3	**2.6	**1.2	*18.4	89.4
	55 to 64	*15.5	53.2	**1.3	**1.5	*12.8	75.0
	65 and over	*7.4	48.1	**0.4	**0.0	*8.5	57.7
	TOTAL		196.9	506.7	27.2	84.4	115.3
Females	15 to 24	76.6	90.6	**1.7	77.3	37.6	186.7
	25 to 34	56.6	62.7	*11.6	**3.9	*17.3	107.7
	35 to 44	59.9	58.8	**2.9	**0.2	26.7	115.8
	45 to 54	30.9	28.3	**5.3	**2.3	*20.3	66.8
	55 to 64	25.2	33.2	**1.1	**1.2	24.0	68.1
	65 and over	24.3	37.5	**0.0	**1.2	27.9	76.2
	TOTAL		273.4	311.1	22.6	86.2	153.7
Persons	15 to 24	134.9	234.8	**5.7	155.4	65.7	396.4
	25 to 34	110.2	162.5	22.4	**4.3	38.3	251.7
	35 to 44	97.6	159.7	*11.1	**3.4	53.1	249.1
	45 to 54	55.3	88.6	*7.9	**3.6	38.6	156.2
	55 to 64	40.6	86.4	**2.4	**2.7	36.8	143.2
	65 and over	31.6	85.6	**0.4	**1.2	36.4	133.9
	TOTAL		470.3	817.8	49.8	170.6	269.0

Total participation rate (%) (b)

Males	15 to 24	19.1	47.2	**1.3	25.6	9.2	68.6
	25 to 34	17.9	33.4	*3.6	**0.1	7.0	48.1
	35 to 44	12.2	32.6	*2.6	**1.0	8.5	43.0
	45 to 54	8.3	20.6	**0.9	**0.4	*6.3	30.5
	55 to 64	*6.3	21.5	**0.5	**0.6	*5.2	30.3
	65 and over	*3.0	19.8	**0.1	**0.0	*3.5	23.7
	TOTAL		11.6	29.8	1.6	5.0	6.8
Females	15 to 24	25.9	30.6	**0.6	26.1	12.7	63.2
	25 to 34	19.0	21.0	*3.9	**1.3	*5.8	36.1
	35 to 44	18.9	18.6	**0.9	**0.1	8.4	36.6
	45 to 54	10.2	9.4	**1.7	**0.8	*6.7	22.1
	55 to 64	10.2	13.5	**0.5	**0.5	9.7	27.7
	65 and over	9.1	14.1	**0.0	**0.5	10.5	28.7
	TOTAL		15.9	18.0	1.3	5.0	8.9
Persons	15 to 24	22.4	39.1	**0.9	25.9	10.9	65.9
	25 to 34	18.4	27.2	3.7	**0.7	6.4	42.1
	35 to 44	15.6	25.5	*1.8	**0.5	8.5	39.8
	45 to 54	9.3	14.9	*1.3	**0.6	6.5	26.2
	55 to 64	8.2	17.5	**0.5	**0.5	7.5	29.0
	65 and over	6.2	16.8	**0.1	**0.2	7.1	26.3
	TOTAL		13.7	23.9	1.5	5.0	7.9

(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 2009

(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 69: Queensland participants — total participation in specific activities (organised and non-organised) by sex, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
Aerobics/fitness	305.7	18.0	451.5	26.2	757.2	22.1
Aquarobics	**1.2	**0.1	29.3	1.7	30.5	0.9
Athletics/track and field	*12.6	*0.7	*16.8	*1.0	29.4	0.9
Australian rules football	31.0	1.8	*11.6	*0.7	42.7	1.2
Badminton	**1.8	**0.1	**2.0	**0.1	**3.8	**0.1
Baseball	**4.5	**0.3	**3.5	**0.2	*8.1	*0.2
Basketball	38.4	2.3	32.7	1.9	71.2	2.1
Billiards/snooker/pool	**3.8	**0.2	**1.0	**0.1	**4.8	**0.1
Boxing	*19.3	*1.1	**5.4	**0.3	24.7	0.7
Canoeing/kayaking	38.1	2.2	*12.9	*0.8	51.0	1.5
Carpet bowls	**1.4	**0.1	*7.9	*0.5	*9.3	*0.3
Cricket (indoor)	25.0	1.5	**5.4	**0.3	30.4	0.9
Cricket (outdoor)	65.2	3.8	*17.2	*1.0	82.4	2.4
Cycling	240.1	14.1	124.3	7.2	364.4	10.6
Dancing	*9.5	*0.6	64.9	3.8	74.4	2.2
Darts	*7.1	*0.4	**0.3	**0.0	*7.4	*0.2
Fishing	78.9	4.6	*11.3	*0.7	90.1	2.6
Football (indoor)	57.1	3.4	*7.5	*0.4	64.5	1.9
Football (outdoor)	152.3	9.0	43.2	2.5	195.5	5.7
Golf	165.6	9.7	30.6	1.8	196.1	5.7
Gymnastics	**4.0	**0.2	**5.7	**0.3	*9.7	*0.3
Hockey (indoor)	**1.5	**0.1	**0.7	**0.0	**2.2	**0.1
Hockey (outdoor)	*12.1	*0.7	*16.6	*1.0	28.7	0.8
Horse riding/equestrian activities/polocrosse	*14.3	*0.8	21.1	1.2	35.3	1.0
Ice/snow sports	*9.5	*0.6	*16.8	*1.0	26.3	0.8
Lawn bowls	33.5	2.0	20.7	1.2	54.3	1.6
Martial arts	29.1	1.7	32.2	1.9	61.3	1.8
Motor sports	37.9	2.2	**6.0	**0.3	43.9	1.3
Netball	*15.0	*0.9	92.1	5.3	107.2	3.1
Orienteering	*9.4	*0.6	*7.5	*0.4	*16.8	*0.5
Rock climbing	*19.4	*1.1	*6.3	*0.4	25.7	0.7
Roller sports	*12.2	*0.7	*7.5	*0.4	*19.7	*0.6
Rowing	*12.5	*0.7	**4.8	**0.3	*17.3	*0.5
Rugby league	83.6	4.9	*7.4	*0.4	90.9	2.7
Rugby union	42.9	2.5	**0.9	**0.1	43.8	1.3
Running	266.2	15.7	137.1	8.0	403.3	11.8
Sailing	*15.2	*0.9	**5.7	**0.3	20.9	0.6
Scuba diving	*13.0	*0.8	**3.9	**0.2	*16.9	*0.5
Shooting sports	*13.1	*0.8	**1.2	**0.1	*14.2	*0.4
Softball	**3.7	**0.2	*8.3	*0.5	*12.1	*0.4
Squash/racquetball	37.2	2.2	*14.1	*0.8	51.3	1.5
Surf sports	96.2	5.7	*14.4	*0.8	110.5	3.2
Swimming	204.7	12.1	253.6	14.7	458.4	13.4
Table tennis	*8.3	*0.5	*3.7	**0.2	*12.0	*0.3
Tennis	106.0	6.2	101.8	5.9	207.8	6.1
Tenpin bowling	*11.0	*0.6	20.7	1.2	31.8	0.9
Touch football	81.2	4.8	41.5	2.4	122.7	3.6
Triathlon	*9.4	*0.6	20.9	1.2	30.3	0.9
Volleyball	*19.9	*1.2	25.6	1.5	45.5	1.3
Walking (bush)	103.7	6.1	66.5	3.9	170.2	5.0
Walking (other)	421.3	24.8	791.7	45.9	1,212.9	35.4
Water polo	**5.6	**0.3	*8.1	*0.5	*13.7	*0.4
Waterskiing/powerboating	24.3	1.4	*16.3	*0.9	40.7	1.2
Weight training	43.4	2.6	53.4	3.1	96.8	2.8
Yoga	*8.1	*0.5	92.3	5.4	100.4	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 2009

(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 70: Queensland participants — total participation in specific activities by type of activity, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	226.3	590.8	757.2	6.6	17.3	22.1
Aquarobics	20.7	*10.6	30.5	0.6	*0.3	0.9
Athletics/track and field	21.9	*10.9	29.4	0.6	*0.3	0.9
Australian rules football	28.6	*14.1	42.7	0.8	*0.4	1.2
Badminton	**2.2	**1.6	**3.8	**0.1	**0.0	**0.1
Baseball	**4.5	**3.5	*8.1	**0.1	**0.1	*0.2
Basketball	45.0	32.1	71.2	1.3	0.9	2.1
Billiards/snooker/pool	**0.0	**4.8	**4.8	**0.0	**0.1	**0.1
Boxing	*11.6	*15.5	24.7	*0.3	*0.5	0.7
Canoeing/kayaking	*6.1	49.4	51.0	*0.2	1.4	1.5
Carpet bowls	*7.6	**2.9	*9.3	*0.2	**0.1	*0.3
Cricket (indoor)	27.0	**4.3	30.4	0.8	**0.1	0.9
Cricket (outdoor)	46.2	43.6	82.4	1.3	1.3	2.4
Cycling	51.3	342.5	364.4	1.5	10.0	10.6
Dancing	61.8	*16.9	74.4	1.8	*0.5	2.2
Darts	*6.9	**0.9	*7.4	*0.2	**0.0	*0.2
Fishing	*7.5	88.5	90.1	*0.2	2.6	2.6
Football (indoor)	56.7	21.1	64.5	1.7	0.6	1.9
Football (outdoor)	139.7	76.4	195.5	4.1	2.2	5.7
Golf	108.7	117.1	196.1	3.2	3.4	5.7
Gymnastics	**1.9	*8.3	*9.7	**0.1	*0.2	0.3
Hockey (indoor)	**1.8	**0.4	**2.2	**0.1	**0.0	**0.1
Hockey (outdoor)	*19.8	*10.0	28.7	*0.6	*0.3	0.8
Horse riding/equestrian activities/polocrosse	*18.2	24.9	35.3	*0.5	0.7	1.0
Ice/snow sports	**2.9	25.2	26.3	**0.1	0.7	0.8
Lawn bowls	51.3	*9.9	54.3	1.5	*0.3	1.6
Martial arts	47.0	*19.3	61.3	1.4	*0.6	1.8
Motor sports	*19.6	32.8	43.9	*0.6	1.0	1.3
Netball	86.2	34.2	107.2	2.5	1.0	3.1
Orienteering	*8.4	*9.4	*16.8	*0.2	*0.3	*0.5
Rock climbing	*12.0	*13.6	25.7	*0.4	*0.4	0.7
Roller sports	**2.5	*17.2	*19.7	**0.1	*0.5	*0.6
Rowing	*8.2	*10.1	*17.3	*0.2	*0.3	*0.5
Rugby league	57.2	43.4	90.9	1.7	1.3	2.7
Rugby union	42.5	**2.6	43.8	1.2	**0.1	1.3
Running	51.8	379.4	403.3	1.5	11.1	11.8
Sailing	*11.7	*11.7	20.9	*0.3	*0.3	0.6
Scuba diving	**1.5	*16.2	*16.9	**0.0	*0.5	*0.5
Shooting sports	*8.1	*7.2	*14.2	*0.2	*0.2	*0.4
Softball	*11.3	**4.3	*12.1	*0.3	**0.1	*0.4
Squash/racquetball	*16.4	41.1	51.3	*0.5	1.2	1.5
Surf sports	22.9	107.4	110.5	0.7	3.1	3.2
Swimming	61.2	418.5	458.4	1.8	12.2	13.4
Table tennis	**3.8	*8.1	*12.0	**0.1	*0.2	*0.3
Tennis	70.8	151.7	207.8	2.1	4.4	6.1
Tenpin bowling	*19.1	*14.8	31.8	*0.6	*0.4	0.9
Touch football	104.7	26.9	122.7	3.1	0.8	3.6
Triathlon	30.0	**3.9	30.3	0.9	**0.1	0.9
Volleyball	27.2	*19.5	45.5	0.8	*0.6	1.3
Walking (bush)	*11.1	165.9	170.2	*0.3	4.8	5.0
Walking (other)	44.0	1,193.9	1,212.9	1.3	34.9	35.4
Water polo	*12.6	**1.1	*13.7	*0.4	**0.0	*0.4
Waterskiing/powerboating	**0.4	40.7	40.7	**0.0	1.2	1.2
Weight training	21.4	79.8	96.8	0.6	2.3	2.8
Yoga	48.6	56.5	100.4	1.4	1.7	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 2009

(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

10.3.5 South Australia

Table 71: South Australian participants — total participation in physical activity by type of participation, age and sex, 2009 (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	32.3	26.8	45.4	77.7	72.2	104.5
	25 to 34	16.5	42.7	39.4	55.9	82.2	98.7
	35 to 44	*10.2	49.9	37.7	47.9	87.6	97.8
	45 to 54	*4.9	51.4	26.3	31.2	77.8	82.7
	55 to 64	*5.0	46.5	15.6	20.7	62.2	67.2
	65 and over	13.9	40.2	19.3	33.2	59.5	73.4
	TOTAL	82.7	257.6	183.9	266.6	441.5	524.2
	Females	15 to 24	19.2	26.9	41.0	60.1	67.9
25 to 34		*10.7	45.7	31.7	42.4	77.5	88.2
35 to 44		*11.0	58.7	28.2	39.2	86.9	98.0
45 to 54		*10.7	60.3	25.2	35.9	85.5	96.2
55 to 64		*5.0	54.2	17.5	22.5	71.8	76.8
65 and over		15.9	49.1	24.6	40.5	73.7	89.6
TOTAL		72.5	295.0	168.2	240.7	463.2	535.7
Persons		15 to 24	51.4	53.7	86.4	137.9	140.1
	25 to 34	27.2	88.5	71.1	98.3	159.6	186.8
	35 to 44	21.2	108.7	65.9	87.1	174.6	195.8
	45 to 54	15.5	111.7	51.6	67.1	163.3	178.8
	55 to 64	*10.1	100.8	33.2	43.2	133.9	144.0
	65 and over	29.8	89.3	44.0	73.7	133.3	163.0
	TOTAL	155.2	552.6	352.1	507.3	904.8	1,060.0
	Total participation rate (%) (b)						
Males	15 to 24	29.4	24.4	41.4	70.8	65.8	95.1
	25 to 34	16.0	41.4	38.2	54.2	79.6	95.6
	35 to 44	*9.2	45.0	34.0	43.2	79.1	88.2
	45 to 54	*4.3	45.9	23.5	27.8	69.4	73.7
	55 to 64	*5.3	48.6	16.4	21.6	65.0	70.3
	65 and over	13.1	37.8	18.2	31.3	56.1	69.1
	TOTAL	13.0	40.4	28.8	41.8	69.2	82.2
	Females	15 to 24	18.2	25.5	38.9	57.0	64.4
25 to 34		*10.6	45.3	31.4	42.0	76.7	87.3
35 to 44		*9.9	52.7	25.3	35.2	78.0	87.9
45 to 54		*9.3	52.3	21.9	31.2	74.2	83.5
55 to 64		*5.0	54.1	17.5	22.5	71.5	76.5
65 and over		12.7	39.1	19.6	32.3	58.7	71.4
TOTAL		11.0	44.8	25.5	36.5	70.3	81.3
Persons		15 to 24	23.9	24.9	40.1	64.0	65.1
	25 to 34	13.3	43.3	34.8	48.1	78.1	91.5
	35 to 44	9.5	48.9	29.7	39.2	78.6	88.1
	45 to 54	6.8	49.1	22.7	29.5	71.8	78.7
	55 to 64	*5.1	51.4	16.9	22.1	68.3	73.5
	65 and over	12.8	38.5	19.0	31.8	57.5	70.4
	TOTAL	12.0	42.6	27.2	39.1	69.8	81.7

(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 2009

(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

Table 72: South Australian participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	104.5	95.1	87.0	82.6	191.5	89.0
25 to 34	98.7	95.6	88.2	87.3	186.8	91.5
35 to 44	97.8	88.2	98.0	87.9	195.8	88.1
45 to 54	82.7	73.7	96.2	83.5	178.8	78.7
55 to 64	67.2	70.3	76.8	76.5	144.0	73.5
65 and over	73.4	69.1	89.6	71.4	163.0	70.4
REGION						
Capital city	390.5	84.0	407.0	83.0	797.5	83.5
Rest of state	133.7	77.2	128.7	76.3	262.4	76.8
EMPLOYMENT STATUS						
Employed full time	294.5	86.2	155.4	85.3	449.8	85.9
Employed part time	73.1	82.4	186.6	88.4	259.7	86.6
Employed refused	*4.0	*85.7	**1.0	**33.6	*5.0	*65.7
Total employed	371.6	85.4	342.9	86.5	714.5	86.0
Unemployed	29.3	96.6	17.6	73.2	46.9	86.2
Not in the labour force	123.3	71.4	175.2	73.4	298.5	72.6
MARITAL STATUS						
Married	302.6	81.2	289.8	81.6	592.4	81.4
Not married	219.8	83.7	240.9	81.4	460.7	82.5
Refused/Do not know	**1.9	**75.1	*5.0	*63.2	*6.8	*66.0
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	161.2	88.1	162.9	84.2	324.1	86.1
At least one under 18 — none at home	14.8	86.9	**2.5	**57.4	17.3	81.0
No children under 18	348.2	79.5	370.4	80.3	718.6	79.9
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	126.8	90.5	129.6	91.7	256.4	91.1
Undergraduate diploma or associate diploma	36.5	83.5	44.9	92.5	81.4	88.2
Certificate, trade qualification or apprenticeship	87.1	85.3	67.2	87.5	154.3	86.3
Highest level of secondary school	111.6	79.2	112.1	80.5	223.7	79.9
Did not complete highest level of school	113.4	74.1	126.5	68.7	239.9	71.2
Still at secondary school	38.6	100.0	34.6	94.2	73.3	97.2
Other	*6.9	*49.9	18.4	73.1	25.3	64.9
Refused	*3.4	*67.8	**2.3	**39.9	*5.7	*52.9
INDIGENOUS STATUS						
Indigenous	*4.8	*86.4	*8.7	*78.1	13.5	80.9
Non-Indigenous	518.7	82.1	527.0	81.4	1,045.7	81.7
Refused	**0.7	**100.0	**0.0	**0.0	**0.7	**100.0
LANGUAGE SPOKEN AT HOME						
English only	468.7	82.3	478.3	81.9	947.0	82.1
European language/s other than English	28.6	82.7	30.4	80.8	59.0	81.7
Non-European language/s	32.8	80.7	28.0	72.8	60.8	76.8
Total	524.2	82.2	535.7	81.3	1,060.0	81.7

(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 2009

(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, 2009 (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	*5.3	14.0	40.6	19.8	30.1	**0.0	109.8
	25 to 34	*4.6	30.6	27.6	21.2	19.3	**0.0	103.2
	35 to 44	13.0	17.9	29.8	21.5	27.6	**1.1	110.8
	45 to 54	29.5	19.4	21.5	15.2	26.6	**0.0	112.2
	55 to 64	28.4	13.6	14.2	16.9	22.5	**0.0	95.6
	65 and over	32.8	*6.9	17.0	22.2	26.0	**1.2	106.2
	TOTAL	113.7	102.4	150.8	116.7	152.1	**2.3	637.9
Females	15 to 24	18.4	*11.0	30.2	19.0	26.8	**0.0	105.4
	25 to 34	12.9	*9.8	27.8	25.1	25.4	**0.0	101.0
	35 to 44	13.5	*12.4	30.9	25.8	28.9	**0.0	111.4
	45 to 54	19.0	13.3	20.2	25.1	35.7	**1.9	115.1
	55 to 64	23.5	*5.2	19.5	19.4	32.3	**0.4	100.3
	65 and over	35.9	*9.5	23.0	18.0	38.2	**0.9	125.5
	TOTAL	123.1	61.2	151.6	132.5	187.2	**3.2	658.9
Persons	15 to 24	23.7	25.0	70.9	38.8	56.9	**0.0	215.3
	25 to 34	17.4	40.4	55.4	46.3	44.7	**0.0	204.3
	35 to 44	26.5	30.3	60.6	47.4	56.4	**1.1	222.3
	45 to 54	48.5	32.7	41.7	40.3	62.3	**1.9	227.3
	55 to 64	52.0	18.9	33.7	36.3	54.8	**0.4	196.0
	65 and over	68.7	16.4	40.0	40.2	64.2	**2.2	231.7
	TOTAL	236.8	163.6	302.3	249.2	339.3	*5.5	1,296.8
Percentage of row (%)								
Males	15 to 24	*4.9	12.7	37.0	18.0	27.4	**0.0	100.0
	25 to 34	*4.4	29.7	26.8	20.5	18.7	**0.0	100.0
	35 to 44	11.8	16.1	26.9	19.4	24.9	**0.9	100.0
	45 to 54	26.3	17.3	19.1	13.5	23.7	**0.0	100.0
	55 to 64	29.7	14.3	14.8	17.6	23.5	**0.0	100.0
	65 and over	30.9	*6.5	16.1	20.9	24.5	**1.2	100.0
	TOTAL	17.8	16.1	23.6	18.3	23.8	**0.4	100.0
Females	15 to 24	17.4	*10.4	28.7	18.0	25.5	**0.0	100.0
	25 to 34	12.7	*9.7	27.5	24.8	25.2	**0.0	100.0
	35 to 44	12.1	*11.1	27.7	23.2	25.9	**0.0	100.0
	45 to 54	16.5	11.6	17.5	21.8	31.0	**1.6	100.0
	55 to 64	23.5	*5.2	19.4	19.3	32.1	**0.4	100.0
	65 and over	28.6	*7.6	18.3	14.3	30.4	**0.8	100.0
	TOTAL	18.7	9.3	23.0	20.1	28.4	**0.5	100.0
Persons	15 to 24	11.0	11.6	32.9	18.0	26.4	**0.0	100.0
	25 to 34	8.5	19.8	27.1	22.6	21.9	**0.0	100.0
	35 to 44	11.9	13.6	27.3	21.3	25.4	**0.5	100.0
	45 to 54	21.3	14.4	18.3	17.7	27.4	**0.8	100.0
	55 to 64	26.5	9.6	17.2	18.5	27.9	**0.2	100.0
	65 and over	29.6	7.1	17.3	17.4	27.7	**0.9	100.0
	TOTAL	18.3	12.6	23.3	19.2	26.2	*0.4	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, 2009 (a) (b)

		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	14.0	90.5	69.6	49.9	104.5
	25 to 34	30.6	68.1	54.4	40.4	98.7
	35 to 44	17.9	78.9	61.4	49.1	97.8
	45 to 54	19.4	63.3	51.6	41.8	82.7
	55 to 64	13.6	53.6	47.1	39.4	67.2
	65 and over	*6.9	65.3	57.9	48.3	73.4
	TOTAL	102.4	419.6	342.0	268.8	524.2
Females	15 to 24	*11.0	76.0	60.1	45.8	87.0
	25 to 34	*9.8	78.4	56.7	50.5	88.2
	35 to 44	*12.4	85.6	72.1	54.7	98.0
	45 to 54	13.3	81.0	69.5	60.8	96.2
	55 to 64	*5.2	71.2	62.6	51.6	76.8
	65 and over	*9.5	79.2	71.4	56.2	89.6
	TOTAL	61.2	471.3	392.3	319.7	535.7
Persons	15 to 24	25.0	166.6	129.7	95.7	191.5
	25 to 34	40.4	146.4	111.1	91.0	186.8
	35 to 44	30.3	164.4	133.5	103.8	195.8
	45 to 54	32.7	144.2	121.1	102.6	178.8
	55 to 64	18.9	124.7	109.7	91.0	144.0
	65 and over	16.4	144.5	129.3	104.4	163.0
	TOTAL	163.6	890.8	734.3	588.5	1,060.0
Total participation rate (%) (c)						
Males	15 to 24	12.7	82.4	63.4	45.4	95.1
	25 to 34	29.7	65.9	52.7	39.2	95.6
	35 to 44	16.1	71.1	55.4	44.3	88.2
	45 to 54	17.3	56.4	46.0	37.3	73.7
	55 to 64	14.3	56.0	49.2	41.2	70.3
	65 and over	*6.5	61.5	54.5	45.4	69.1
	TOTAL	16.1	65.8	53.6	42.1	82.2
Females	15 to 24	*10.4	72.1	57.0	43.5	82.6
	25 to 34	*9.7	77.6	56.1	50.0	87.3
	35 to 44	*11.1	76.8	64.7	49.1	87.9
	45 to 54	11.6	70.3	60.4	52.8	83.5
	55 to 64	*5.2	70.9	62.4	51.5	76.5
	65 and over	*7.6	63.1	56.8	44.8	71.4
	TOTAL	9.3	71.5	59.5	48.5	81.3
Persons	15 to 24	11.6	77.4	60.3	44.5	89.0
	25 to 34	19.8	71.7	54.4	44.5	91.5
	35 to 44	13.6	74.0	60.0	46.7	88.1
	45 to 54	14.4	63.5	53.3	45.1	78.7
	55 to 64	9.6	63.6	56.0	46.4	73.5
	65 and over	7.1	62.4	55.8	45.1	70.4
	TOTAL	12.6	68.7	56.6	45.4	81.7

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 734,300 South Australian persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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, 2009 (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	44.6	27.8	32.1	25.6	30.0	37.0	197.0
	Two or three sessions weekly	14.7	*8.6	*8.7	*4.0	*3.9	*10.5	50.3
	Less than two sessions weekly	**1.4	**1.9	**2.8	**2.3	**0.8	**2.5	*11.7
	<i>Total</i>	60.6	38.3	43.5	31.9	34.6	50.1	259.1
Two hours or more but less than five hours	More than three sessions weekly	17.4	29.0	27.7	35.6	30.4	27.4	167.5
	Two or three sessions weekly	33.8	15.8	20.0	17.3	16.1	13.6	116.7
	Less than two sessions weekly	14.6	*10.6	**2.1	*9.6	**2.3	*7.0	46.2
	<i>Total</i>	65.7	55.4	49.8	62.5	48.8	48.0	330.4
Less than two hours	More than three sessions weekly	**0.0	**1.3	**3.1	**2.6	**2.6	*6.7	16.4
	Two or three sessions weekly	*12.2	*10.8	23.2	18.0	15.2	14.3	93.7
	Less than two sessions weekly	33.2	45.6	40.4	39.0	20.0	19.5	197.8
	<i>Total</i>	45.4	57.6	66.8	59.7	37.8	40.5	307.8
Total	More than three sessions weekly	61.9	58.0	62.9	63.8	63.0	71.2	380.9
	Two or three sessions weekly	60.7	35.1	52.0	39.3	35.2	38.4	260.7
	Less than two sessions weekly	49.2	58.2	45.3	51.0	23.1	29.0	255.7
	Total	171.8	151.3	160.2	154.1	121.3	138.6	897.3
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	5.0	3.1	3.6	2.8	3.3	4.1	22.0
	Two or three sessions weekly	1.6	*1.0	*1.0	*0.4	*0.4	*1.2	5.6
	Less than two sessions weekly	**0.2	**0.2	**0.3	**0.3	**0.1	**0.3	*1.3
	<i>Total</i>	6.8	4.3	4.9	3.6	3.9	5.6	28.9
Two hours or more but less than five hours	More than three sessions weekly	1.9	3.2	3.1	4.0	3.4	3.1	18.7
	Two or three sessions weekly	3.8	1.8	2.2	1.9	1.8	1.5	13.0
	Less than two sessions weekly	1.6	*1.2	**0.2	*1.1	**0.3	*0.8	5.2
	<i>Total</i>	7.3	6.2	5.6	7.0	5.4	5.4	36.8
Less than two hours	More than three sessions weekly	**0.0	**0.1	**0.4	**0.3	**0.3	*0.7	1.8
	Two or three sessions weekly	*1.4	*1.2	2.6	2.0	1.7	1.6	10.4
	Less than two sessions weekly	3.7	5.1	4.5	4.3	2.2	2.2	22.0
	<i>Total</i>	5.1	6.4	7.4	6.7	4.2	4.5	34.3
Total	More than three sessions weekly	6.9	6.5	7.0	7.1	7.0	7.9	42.4
	Two or three sessions weekly	6.8	3.9	5.8	4.4	3.9	4.3	29.1
	Less than two sessions weekly	5.5	6.5	5.0	5.7	2.6	3.2	28.5
	Total	19.1	16.9	17.8	17.2	13.5	15.4	100.0

(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 2009

* 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, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	49.9	45.4	45.8	43.5	95.7	44.5
25 to 34	40.4	39.2	50.5	50.0	91.0	44.5
35 to 44	49.1	44.3	54.7	49.1	103.8	46.7
45 to 54	41.8	37.3	60.8	52.8	102.6	45.1
55 to 64	39.4	41.2	51.6	51.5	91.0	46.4
65 and over	48.3	45.4	56.2	44.8	104.4	45.1
REGION						
Capital city	215.6	46.4	243.1	49.6	458.7	48.0
Rest of state	53.2	30.7	76.6	45.4	129.8	38.0
EMPLOYMENT STATUS						
Employed full time	134.4	39.3	92.5	50.8	226.9	43.3
Employed part time	42.1	47.5	111.1	52.6	153.2	51.1
Employed refused	**1.8	**38.4	**1.0	**33.6	**2.8	**36.6
Total employed	178.3	41.0	204.6	51.6	382.9	46.1
Unemployed	17.2	56.5	*10.7	*44.6	27.9	51.3
Not in the labour force	73.3	42.5	104.4	43.8	177.7	43.2
MARITAL STATUS						
Married	151.2	40.6	177.0	49.9	328.2	45.1
Not married	117.6	44.8	138.7	46.9	256.3	45.9
Refused/Do not know	**0.0	**0.0	*4.0	*50.4	*4.0	*38.3
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	73.9	40.4	97.9	50.6	171.8	45.7
At least one under 18 – none at home	*9.4	*55.2	**1.0	**23.4	*10.4	*48.9
No children under 18	185.4	42.3	220.8	47.9	406.3	45.2
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	68.5	48.9	79.8	56.5	148.3	52.7
Undergraduate diploma or associate diploma	20.6	47.2	28.6	58.9	49.2	53.3
Certificate, trade qualification or apprenticeship	36.5	35.7	41.6	54.1	78.1	43.6
Highest level of secondary school	57.7	40.9	63.5	45.6	121.2	43.3
Did not complete highest level of school	57.2	37.4	78.2	42.5	135.3	40.1
Still at secondary school	22.9	59.3	17.2	46.7	40.1	53.1
Other	*3.8	*27.5	*9.5	*37.8	13.3	34.2
Refused	**1.6	**32.5	**1.4	**23.7	**3.0	**27.8
INDIGENOUS STATUS						
Indigenous	*4.3	*76.5	*5.3	*47.7	*9.6	*57.3
Non-Indigenous	263.8	41.8	314.4	48.5	578.2	45.2
Refused	**0.7	**100.0	**0.0	**0.0	**0.7	**100.0
LANGUAGE SPOKEN AT HOME						
English only	240.1	42.1	289.4	49.5	529.5	45.9
European language/s other than English	19.0	54.9	17.8	47.3	36.8	51.0
Non-European language/s	14.8	36.4	12.9	33.5	27.7	35.0
Total	268.8	42.1	319.7	48.5	588.5	45.4

(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 2009

(b) For any group, the regular 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 77: All South Australian persons — participation in organised physical activity by frequency, age and sex, 2009 (a)

Sex	Age group (years)	None	Up to once	Once or twice	Three or four	Five or	Do not know	Total
			per week (b)	per week (c)	times per week (d)	more times per week		
		Number ('000)						
Males	15 to 24	32.1	*12.4	34.2	*12.3	18.7	**0.0	109.8
	25 to 34	47.3	25.8	15.3	*7.9	*6.9	**0.0	103.2
	35 to 44	62.9	17.1	20.5	*6.6	*3.7	**0.0	110.8
	45 to 54	81.0	13.0	*11.3	*6.4	**0.5	**0.0	112.2
	55 to 64	75.0	*6.2	*10.4	**2.4	**1.7	**0.0	95.6
	65 and over	73.0	*6.8	15.4	*10.4	**0.6	**0.0	106.2
	TOTAL		371.3	81.3	107.0	46.0	32.2	**0.0
Females	15 to 24	45.3	19.1	21.4	*11.1	*8.4	**0.0	105.4
	25 to 34	58.6	*9.3	24.4	*4.0	*4.8	**0.0	101.0
	35 to 44	72.2	12.9	15.9	*7.4	*3.0	**0.0	111.4
	45 to 54	79.2	*11.4	12.8	*8.6	*3.0	**0.0	115.1
	55 to 64	77.8	*5.2	*11.6	*3.8	**2.0	**0.0	100.3
	65 and over	85.0	*11.9	20.2	*5.6	**2.7	**0.0	125.5
	TOTAL		418.1	69.9	106.4	40.5	23.9	**0.0
Persons	15 to 24	77.4	31.6	55.7	23.4	27.2	**0.0	215.3
	25 to 34	105.9	35.1	39.7	*11.9	*11.7	**0.0	204.3
	35 to 44	135.2	30.0	36.4	14.0	*6.7	**0.0	222.3
	45 to 54	160.2	24.4	24.1	15.0	*3.6	**0.0	227.3
	55 to 64	152.7	*11.4	22.0	*6.2	*3.7	**0.0	196.0
	65 and over	158.0	18.7	35.6	16.0	*3.4	**0.0	231.7
	TOTAL		789.4	151.2	213.4	86.5	56.2	**0.0

Percentage of row (%)

Males	15 to 24	29.2	*11.3	31.2	*11.2	17.1	**0.0	100.0
	25 to 34	45.8	25.0	14.8	*7.7	*6.7	**0.0	100.0
	35 to 44	56.8	15.4	18.5	*5.9	*3.4	**0.0	100.0
	45 to 54	72.2	11.6	*10.1	*5.7	*0.5	**0.0	100.0
	55 to 64	78.4	*6.5	*10.8	**2.5	*1.8	**0.0	100.0
	65 and over	68.7	*6.4	14.5	*9.8	*0.6	**0.0	100.0
	TOTAL		58.2	12.8	16.8	7.2	5.1	**0.0
Females	15 to 24	43.0	18.2	20.3	*10.6	*8.0	**0.0	100.0
	25 to 34	58.0	*9.2	24.1	*3.9	*4.7	**0.0	100.0
	35 to 44	64.8	11.6	14.3	*6.7	*2.7	**0.0	100.0
	45 to 54	68.8	*9.9	11.2	*7.5	*2.6	**0.0	100.0
	55 to 64	77.5	*5.2	*11.6	*3.8	*2.0	**0.0	100.0
	65 and over	67.7	*9.5	16.1	*4.5	*2.2	**0.0	100.0
	TOTAL		63.5	10.6	16.1	6.2	3.6	**0.0
Persons	15 to 24	36.0	14.7	25.9	10.9	12.6	**0.0	100.0
	25 to 34	51.9	17.2	19.4	*5.8	*5.7	**0.0	100.0
	35 to 44	60.8	13.5	16.4	6.3	*3.0	**0.0	100.0
	45 to 54	70.5	10.7	10.6	6.6	*1.6	**0.0	100.0
	55 to 64	77.9	*5.8	11.2	*3.1	*1.9	**0.0	100.0
	65 and over	68.2	8.1	15.4	6.9	*1.5	**0.0	100.0
	TOTAL		60.9	11.7	16.5	6.7	4.3	**0.0

(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 78: South Australian organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	*12.4	65.3	49.4	31.0	77.7
	25 to 34	25.8	30.1	23.4	14.8	55.9
	35 to 44	17.1	30.8	19.4	*10.3	47.9
	45 to 54	13.0	18.2	*9.4	*6.9	31.2
	55 to 64	*6.2	14.5	*5.5	*4.1	20.7
	65 and over	*6.8	26.4	19.2	*11.0	33.2
	TOTAL	81.3	185.3	126.4	78.2	266.6
Females	15 to 24	19.1	41.0	27.9	19.6	60.1
	25 to 34	*9.3	33.1	15.2	*8.7	42.4
	35 to 44	12.9	26.3	15.4	*10.4	39.2
	45 to 54	*11.4	24.5	15.4	*11.7	35.9
	55 to 64	*5.2	17.3	*11.8	*5.8	22.5
	65 and over	*11.9	28.6	16.4	*8.4	40.5
	TOTAL	69.9	170.8	102.1	64.5	240.7
Persons	15 to 24	31.6	106.3	77.3	50.6	137.9
	25 to 34	35.1	63.2	38.6	23.6	98.3
	35 to 44	30.0	57.1	34.8	20.7	87.1
	45 to 54	24.4	42.7	24.8	18.6	67.1
	55 to 64	*11.4	31.8	17.3	*9.9	43.2
	65 and over	18.7	55.0	35.6	19.4	73.7
	TOTAL	151.2	356.1	228.4	142.7	507.3
Total participation rate (%) (c)						
Males	15 to 24	*11.3	59.4	45.0	28.3	70.8
	25 to 34	25.0	29.2	22.7	14.4	54.2
	35 to 44	15.4	27.8	17.5	*9.3	43.2
	45 to 54	11.6	16.2	*8.4	*6.2	27.8
	55 to 64	*6.5	15.1	*5.7	*4.3	21.6
	65 and over	*6.4	24.9	18.1	*10.4	31.3
	TOTAL	12.8	29.0	19.8	12.3	41.8
Females	15 to 24	18.2	38.9	26.5	18.6	57.0
	25 to 34	*9.2	32.8	15.0	*8.6	42.0
	35 to 44	11.6	23.6	13.8	*9.3	35.2
	45 to 54	*9.9	21.3	13.4	*10.1	31.2
	55 to 64	*5.2	17.3	*11.8	*5.7	22.5
	65 and over	*9.5	22.8	13.0	*6.7	32.3
	TOTAL	10.6	25.9	15.5	9.8	36.5
Persons	15 to 24	14.7	49.4	35.9	23.5	64.0
	25 to 34	17.2	31.0	18.9	11.5	48.1
	35 to 44	13.5	25.7	15.7	9.3	39.2
	45 to 54	10.7	18.8	10.9	8.2	29.5
	55 to 64	*5.8	16.2	8.8	*5.0	22.1
	65 and over	8.1	23.7	15.4	8.4	31.8
	TOTAL	11.7	27.5	17.6	11.0	39.1

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 228,400 South Australian persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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, 2009 (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	28.1	51.1	**1.6	24.1	16.7	77.7
	25 to 34	16.9	44.3	*6.7	**0.0	*6.5	55.9
	35 to 44	14.5	38.4	**3.1	**0.7	*7.6	47.9
	45 to 54	*4.9	25.2	**1.6	**1.3	**3.2	31.2
	55 to 64	*5.5	14.5	**0.6	**0.0	*4.1	20.7
	65 and over	*5.9	25.8	**0.7	**0.7	*4.4	33.2
	TOTAL		75.8	199.3	14.2	26.8	42.4
Females	15 to 24	24.8	35.3	**0.0	17.4	*5.2	60.1
	25 to 34	17.7	23.5	**1.1	**0.0	*10.4	42.4
	35 to 44	16.5	23.9	**1.5	**3.0	*8.5	39.2
	45 to 54	21.9	15.7	**1.7	**0.6	*8.2	35.9
	55 to 64	*12.0	*9.6	**0.0	**0.0	*6.1	22.5
	65 and over	16.5	18.6	**0.5	**0.5	14.9	40.5
	TOTAL		109.4	126.6	*4.8	21.4	53.3
Persons	15 to 24	52.8	86.3	**1.6	41.4	21.9	137.9
	25 to 34	34.6	67.8	*7.8	**0.0	16.9	98.3
	35 to 44	31.1	62.3	*4.6	*3.7	16.1	87.1
	45 to 54	26.8	40.9	**3.4	**1.9	*11.4	67.1
	55 to 64	17.5	24.1	**0.6	**0.0	*10.2	43.2
	65 and over	22.4	44.4	**1.1	**1.1	19.3	73.7
	TOTAL		185.2	325.9	19.0	48.2	95.7

Total participation rate (%) (b)

Males	15 to 24	25.6	46.5	**1.5	21.9	15.2	70.8
	25 to 34	16.3	42.9	*6.5	**0.0	*6.3	54.2
	35 to 44	13.1	34.7	**2.8	**0.7	*6.9	43.2
	45 to 54	*4.4	22.4	**1.5	**1.2	**2.8	27.8
	55 to 64	*5.8	15.2	**0.6	**0.0	*4.3	21.6
	65 and over	*5.6	24.3	**0.6	**0.6	*4.1	31.3
	TOTAL		11.9	31.2	2.2	4.2	6.7
Females	15 to 24	23.5	33.4	**0.0	16.5	*5.0	57.0
	25 to 34	17.5	23.2	**1.1	**0.0	*10.3	42.0
	35 to 44	14.8	21.4	**1.3	**2.6	*7.7	35.2
	45 to 54	19.0	13.7	**1.5	**0.5	*7.1	31.2
	55 to 64	*12.0	*9.6	**0.0	**0.0	*6.0	22.5
	65 and over	13.1	14.8	**0.4	**0.4	11.9	32.3
	TOTAL		16.6	19.2	*0.7	3.2	8.1
Persons	15 to 24	24.5	40.1	**0.7	19.3	10.2	64.0
	25 to 34	16.9	33.2	*3.8	**0.0	8.3	48.1
	35 to 44	14.0	28.0	*2.0	*1.7	7.3	39.2
	45 to 54	11.8	18.0	**1.5	**0.8	*5.0	29.5
	55 to 64	8.9	12.3	**0.3	**0.0	*5.2	22.1
	65 and over	9.7	19.2	**0.5	**0.5	8.3	31.8
	TOTAL		14.3	25.1	1.5	3.7	7.4

(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 2009

(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, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	98.0	15.4	188.4	28.6	286.4	22.1
Aquarobics	**2.1	**0.3	*10.8	*1.6	12.9	1.0
Athletics/track and field	*9.3	*1.5	*5.8	*0.9	15.1	1.2
Australian rules football	61.1	9.6	*4.5	*0.7	65.6	5.1
Badminton	*5.0	*0.8	*4.3	*0.7	*9.3	*0.7
Baseball	**2.4	**0.4	**0.7	**0.1	**3.1	**0.2
Basketball	34.9	5.5	24.6	3.7	59.5	4.6
Billiards/snooker/pool	**1.9	**0.3	**0.5	**0.1	**2.4	**0.2
Boxing	**2.7	**0.4	**0.0	**0.0	**2.7	**0.2
Canoeing/kayaking	*4.6	*0.7	*5.4	*0.8	*10.0	*0.8
Carpet bowls	**2.2	**0.3	**2.8	**0.4	*5.0	*0.4
Cricket (indoor)	13.7	2.1	**0.0	**0.0	13.7	1.1
Cricket (outdoor)	40.9	6.4	**3.4	**0.5	44.3	3.4
Cycling	87.5	13.7	37.3	5.7	124.8	9.6
Dancing	*4.5	*0.7	22.5	3.4	27.1	2.1
Darts	**1.8	**0.3	**0.0	**0.0	**1.8	**0.1
Fishing	26.7	4.2	**2.7	**0.4	29.4	2.3
Football (indoor)	19.0	3.0	*6.9	*1.1	26.0	2.0
Football (outdoor)	51.7	8.1	*4.6	*0.7	56.4	4.3
Golf	62.1	9.7	*12.2	*1.8	74.3	5.7
Gymnastics	**0.8	**0.1	**1.2	**0.2	**2.0	**0.2
Hockey (indoor)	*4.4	*0.7	**0.0	**0.0	*4.4	*0.3
Hockey (outdoor)	**0.9	**0.1	*7.0	*1.1	*8.0	*0.6
Horse riding/equestrian activities/polocrosse	**1.0	**0.2	*11.8	*1.8	12.8	1.0
Ice/snow sports	*5.8	*0.9	**2.4	**0.4	*8.2	*0.6
Lawn bowls	22.6	3.5	14.6	2.2	37.2	2.9
Martial arts	*11.1	*1.7	14.2	2.2	25.3	2.0
Motor sports	*9.7	*1.5	**0.7	**0.1	*10.4	*0.8
Netball	*8.9	*1.4	53.7	8.2	62.6	4.8
Orienteering	**3.0	**0.5	**0.7	**0.1	*3.7	*0.3
Rock climbing	**0.6	**0.1	**0.0	**0.0	**0.6	**0.0
Roller sports	*4.9	*0.8	**0.0	**0.0	*4.9	*0.4
Rowing	*4.7	*0.7	**1.4	**0.2	*6.1	*0.5
Rugby league	**1.0	**0.2	**1.5	**0.2	**2.5	**0.2
Rugby union	**2.4	**0.4	**0.0	**0.0	**2.4	**0.2
Running	73.9	11.6	39.9	6.1	113.9	8.8
Sailing	*4.6	*0.7	**1.8	**0.3	*6.4	*0.5
Scuba diving	*6.3	*1.0	*3.9	*0.6	*10.2	*0.8
Shooting sports	*7.5	*1.2	**1.5	**0.2	*9.0	*0.7
Softball	**2.1	**0.3	**0.0	**0.0	**2.1	**0.2
Squash/racquetball	18.9	3.0	**0.8	**0.1	19.7	1.5
Surf sports	*12.6	*2.0	*6.1	*0.9	18.7	1.4
Swimming	62.2	9.7	66.7	10.1	128.9	9.9
Table tennis	*10.4	*1.6	**1.5	**0.2	*12.0	*0.9
Tennis	53.5	8.4	35.6	5.4	89.1	6.9
Tenpin bowling	*5.2	*0.8	*5.7	*0.9	*10.9	*0.8
Touch football	*4.6	*0.7	**0.7	**0.1	*5.3	*0.4
Triathlon	**1.7	**0.3	**0.0	**0.0	**1.7	**0.1
Volleyball	16.9	2.6	*9.8	*1.5	26.7	2.1
Walking (bush)	32.7	5.1	34.3	5.2	67.0	5.2
Walking (other)	172.1	27.0	302.9	46.0	475.0	36.6
Water polo	**1.6	**0.3	**3.3	**0.5	*4.9	*0.4
Waterskiing/powerboating	*9.0	*1.4	**2.6	**0.4	*11.7	*0.9
Weight training	25.6	4.0	*9.6	*1.5	35.2	2.7
Yoga	*4.0	*0.6	40.4	6.1	44.4	3.4

(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 2009

(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, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	84.0	210.7	286.4	6.5	16.3	22.1
Aquarobics	*8.8	*4.1	12.9	*0.7	*0.3	1.0
Athletics/track and field	*10.9	*4.2	15.1	*0.8	*0.3	1.2
Australian rules football	58.4	14.3	65.6	4.5	1.1	5.1
Badminton	*6.1	**3.2	*9.3	*0.5	**0.2	*0.7
Baseball	**1.8	**1.4	**3.1	**0.1	**0.1	**0.2
Basketball	33.0	29.6	59.5	2.5	2.3	4.6
Billiards/snooker/pool	**0.9	**2.0	**2.4	**0.1	**0.2	**0.2
Boxing	**0.7	**2.0	**2.7	**0.1	**0.2	**0.2
Canoeing/kayaking	**2.8	*8.4	*10.0	**0.2	*0.6	*0.8
Carpet bowls	*4.1	**0.9	*5.0	*0.3	**0.1	*0.4
Cricket (indoor)	*6.6	*9.6	13.7	*0.5	*0.7	1.1
Cricket (outdoor)	35.6	14.1	44.3	2.7	1.1	3.4
Cycling	*11.1	122.9	124.8	*0.9	9.5	9.6
Dancing	16.7	*12.3	27.1	1.3	*0.9	2.1
Darts	**0.4	**1.4	**1.8	**0.0	**0.1	**0.1
Fishing	**1.1	29.4	29.4	**0.1	2.3	2.3
Football (indoor)	19.2	*6.7	26.0	1.5	*0.5	2.0
Football (outdoor)	34.6	23.4	56.4	2.7	1.8	4.3
Golf	36.8	42.7	74.3	2.8	3.3	5.7
Gymnastics	**1.2	**0.8	**2.0	**0.1	**0.1	**0.2
Hockey (indoor)	**0.0	*4.4	*4.4	**0.0	*0.3	*0.3
Hockey (outdoor)	*6.1	**1.9	*8.0	*0.5	**0.1	*0.6
Horse riding/equestrian activities/polocrosse	*8.2	*9.7	12.8	*0.6	*0.8	1.0
Ice/snow sports	**1.5	*6.7	*8.2	**0.1	*0.5	*0.6
Lawn bowls	34.6	*6.9	37.2	2.7	*0.5	2.9
Martial arts	22.1	3.2	25.3	1.7	**0.2	2.0
Motor sports	*4.0	*6.4	*10.4	*0.3	*0.5	*0.8
Netball	48.7	15.4	62.6	3.8	1.2	4.8
Orienteering	*3.7	**0.0	*3.7	*0.3	**0.0	*0.3
Rock climbing	**0.0	**0.6	**0.6	**0.0	**0.0	**0.0
Roller sports	**0.0	*4.9	*4.9	**0.0	*0.4	*0.4
Rowing	**2.2	*4.9	*6.1	**0.2	*0.4	*0.5
Rugby league	**1.5	**1.0	**2.5	**0.1	**0.1	**0.2
Rugby union	**2.4	**0.0	**2.4	**0.2	**0.0	**0.2
Running	18.1	104.1	113.9	1.4	8.0	8.8
Sailing	*4.5	**2.7	*6.4	*0.3	0.2	*0.5
Scuba diving	*7.9	*8.2	*10.2	*0.6	*0.6	*0.8
Shooting sports	*5.0	*4.6	*9.0	*0.4	*0.4	*0.7
Softball	**2.1	**0.0	**2.1	**0.2	**0.0	**0.2
Squash/racquetball	*7.8	15.5	19.7	*0.6	1.2	1.5
Surf sports	**1.5	17.2	18.7	**0.1	1.3	1.4
Swimming	20.1	114.2	128.9	1.5	8.8	9.9
Table tennis	*5.4	*6.5	*12.0	*0.4	*0.5	*0.9
Tennis	53.2	40.7	89.1	4.1	3.1	6.9
Tenpin bowling	*6.1	*5.3	*10.9	*0.5	*0.4	*0.8
Touch football	*5.3	**1.4	*5.3	*0.4	**0.1	*0.4
Triathlon	**1.7	**0.0	**1.7	**0.1	**0.0	**0.1
Volleyball	18.3	*9.8	26.7	1.4	*0.8	2.1
Walking (bush)	*7.8	64.1	67.0	*0.6	4.9	5.2
Walking (other)	17.7	468.9	475.0	1.4	36.2	36.6
Water polo	*4.9	**0.0	*4.9	*0.4	**0.0	*0.4
Waterskiing/powerboating	**0.0	*11.7	*11.7	**0.0	*0.9	*0.9
Weight training	*4.2	31.9	35.2	*0.3	2.5	2.7
Yoga	24.9	19.6	44.4	1.9	1.5	3.4

(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 2009

(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

10.3.6 Tasmania

Table 82: Tasmanian participants — total participation in physical activity by type of participation, age and sex, 2009 (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	8.8	*3.9	15.4	24.2	19.3	28.1
	25 to 34	*3.7	11.9	10.1	13.8	22.0	25.7
	35 to 44	5.1	13.3	9.0	14.2	22.3	27.5
	45 to 54	*3.6	16.1	9.9	13.5	25.9	29.5
	55 to 64	*2.2	13.9	8.7	10.9	22.6	24.9
	65 and over	*2.3	16.9	5.0	7.3	21.9	24.1
	TOTAL	25.8	76.0	58.1	83.9	134.1	159.8
Females	15 to 24	6.0	6.3	16.9	22.9	23.2	29.3
	25 to 34	*3.2	13.6	6.9	10.1	20.5	23.7
	35 to 44	*1.9	18.2	9.3	11.3	27.5	29.5
	45 to 54	*2.9	18.8	8.8	11.7	27.7	30.6
	55 to 64	*1.4	15.7	8.0	9.4	23.7	25.1
	65 and over	*2.3	16.6	6.8	9.1	23.4	25.7
	TOTAL	17.8	89.3	56.7	74.5	146.0	163.8
Persons	15 to 24	14.8	10.2	32.3	47.1	42.5	57.4
	25 to 34	6.9	25.5	17.0	23.9	42.5	49.4
	35 to 44	7.1	31.5	18.3	25.4	49.9	57.0
	45 to 54	6.5	34.9	18.7	25.2	53.6	60.1
	55 to 64	*3.6	29.6	16.7	20.3	46.3	50.0
	65 and over	4.6	33.4	11.8	16.4	45.3	49.9
	TOTAL	43.5	165.2	114.9	158.4	280.1	323.6
Total participation rate (%) (b)							
Males	15 to 24	26.5	*11.7	46.5	73.0	58.2	84.7
	25 to 34	*13.2	42.7	36.2	49.4	78.9	92.1
	35 to 44	16.0	41.4	28.0	43.9	69.3	85.3
	45 to 54	*10.1	44.9	27.5	37.7	72.5	82.6
	55 to 64	*7.1	43.7	27.3	34.3	71.0	78.0
	65 and over	*6.8	50.2	14.9	21.7	65.2	71.9
	TOTAL	13.2	39.1	29.9	43.1	68.9	82.2
Females	15 to 24	19.1	20.1	53.6	72.7	73.7	92.9
	25 to 34	*11.1	46.9	23.7	34.7	70.6	81.6
	35 to 44	*5.7	53.5	27.4	33.1	80.9	86.5
	45 to 54	*7.8	50.8	23.8	31.6	74.6	82.4
	55 to 64	*4.2	48.0	24.5	28.7	72.5	76.7
	65 and over	*6.1	43.4	17.9	24.0	61.3	67.4
	TOTAL	8.8	44.1	28.0	36.8	72.1	80.9
Persons	15 to 24	22.9	15.8	50.0	72.9	65.8	88.7
	25 to 34	12.1	44.9	29.8	41.9	74.7	86.8
	35 to 44	10.7	47.6	27.7	38.4	75.3	85.9
	45 to 54	9.0	47.9	25.6	34.6	73.6	82.5
	55 to 64	*5.6	45.9	25.9	31.5	71.7	77.4
	65 and over	6.4	46.6	16.5	22.9	63.1	69.5
	TOTAL	11.0	41.6	28.9	39.9	70.5	81.5

(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 2009

(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

Table 83: Tasmanian participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	28.1	84.7	29.3	92.9	57.4	88.7
25 to 34	25.7	92.1	23.7	81.6	49.4	86.8
35 to 44	27.5	85.3	29.5	86.5	57.0	85.9
45 to 54	29.5	82.6	30.6	82.4	60.1	82.5
55 to 64	24.9	78.0	25.1	76.7	50.0	77.4
65 and over	24.1	71.9	25.7	67.4	49.9	69.5
REGION						
Capital city	68.9	84.9	71.5	82.2	140.4	83.5
Rest of state	91.0	80.2	92.3	79.9	183.2	80.0
EMPLOYMENT STATUS						
Employed full time	82.9	84.4	44.3	88.1	127.2	85.7
Employed part time	22.4	89.3	55.6	86.1	78.0	87.0
Employed refused	*2.7	*100.0	*1.8	*89.9	4.5	95.7
Total employed	108.0	85.7	101.8	87.1	209.8	86.3
Unemployed	10.5	93.1	7.9	86.7	18.4	90.2
Not in the labour force	41.4	72.3	54.1	70.7	95.5	71.4
MARITAL STATUS						
Married	99.2	85.5	97.2	81.4	196.4	83.4
Not married	60.3	77.7	66.6	80.1	126.9	78.9
Refused/Do not know	**0.4	**45.0	**0.0	**0.0	**0.4	**45.0
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	47.3	88.9	49.9	81.8	97.2	85.1
At least one under 18 — none at home	*3.7	*67.4	**0.5	**100.0	*4.2	*70.4
No children under 18	108.9	80.1	113.3	80.4	222.2	80.3
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	31.6	94.9	30.4	85.5	62.1	90.1
Undergraduate diploma or associate diploma	12.7	82.3	12.1	85.4	24.8	83.8
Certificate, trade qualification or apprenticeship	27.3	85.2	26.3	82.4	53.6	83.8
Highest level of secondary school	32.9	81.2	35.4	78.4	68.4	79.7
Did not complete highest level of school	41.7	72.8	43.5	76.1	85.2	74.5
Never went to school	**0.0	**0.0	**0.1	**40.1	**0.1	**40.1
Still at secondary school	9.3	94.8	9.5	94.9	18.9	94.9
Other	*3.5	*68.6	5.8	77.8	9.3	74.1
Refused	**0.8	**79.9	**0.6	**81.3	*1.4	*80.5
INDIGENOUS STATUS						
Indigenous	5.7	76.4	4.9	73.1	10.6	74.8
Non-Indigenous	154.0	82.4	158.7	81.1	312.7	81.7
Refused	**0.2	**100.0	**0.2	**100.0	**0.4	**100.0
LANGUAGE SPOKEN AT HOME						
English only	153.8	82.7	159.2	80.9	313.0	81.8
European language/s other than English	*2.3	*74.0	*1.6	*88.0	*4.0	*79.2
Non-European language/s	*3.9	*65.4	*3.2	*77.2	7.1	70.2
Total	159.8	82.2	163.8	80.9	323.6	81.5

(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 2009

(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 84: All Tasmanian persons — participation in any physical activity by frequency, age and sex, 2009 (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	5.1	4.6	6.4	7.8	9.4	**0.0	33.2
	25 to 34	*2.2	6.5	9.3	*3.3	6.5	**0.0	27.9
	35 to 44	4.7	7.4	8.2	5.3	6.6	**0.0	32.2
	45 to 54	6.2	6.0	8.0	5.6	9.9	**0.0	35.8
	55 to 64	7.0	5.1	6.2	4.8	8.8	**0.0	31.9
	65 and over	9.4	*3.5	5.6	6.2	8.8	**0.2	33.6
	TOTAL	34.7	33.1	43.7	32.9	49.9	**0.2	194.5
Females	15 to 24	*2.3	*4.2	6.8	10.1	8.0	**0.0	31.5
	25 to 34	5.3	5.1	6.7	8.5	*3.4	**0.0	29.0
	35 to 44	4.6	*3.4	6.6	6.5	13.0	**0.0	34.1
	45 to 54	6.5	*3.5	7.9	6.1	12.8	**0.2	37.1
	55 to 64	7.6	*2.0	6.6	6.1	10.3	**0.1	32.7
	65 and over	12.4	**1.1	6.6	6.4	10.9	**0.7	38.2
	TOTAL	38.7	19.4	41.3	43.7	58.4	**1.0	202.5
Persons	15 to 24	7.3	8.8	13.2	17.9	17.4	**0.0	64.7
	25 to 34	7.5	11.7	16.0	11.8	9.9	**0.0	56.9
	35 to 44	9.3	10.8	14.8	11.8	19.6	**0.0	66.3
	45 to 54	12.7	9.5	16.0	11.7	22.8	**0.2	72.8
	55 to 64	14.6	7.1	12.8	10.9	19.1	**0.1	64.6
	65 and over	21.9	4.6	12.1	12.6	19.7	**0.9	71.7
	TOTAL	73.4	52.5	85.0	76.6	108.4	**1.2	397.0
Percentage of row (%)								
Males	15 to 24	15.3	13.9	19.3	23.4	28.2	**0.0	100.0
	25 to 34	*7.9	23.4	33.5	*11.9	23.3	**0.0	100.0
	35 to 44	14.7	23.0	25.4	16.5	20.5	**0.0	100.0
	45 to 54	17.4	16.8	22.5	15.6	27.7	**0.0	100.0
	55 to 64	22.0	16.0	19.4	15.1	27.5	**0.0	100.0
	65 and over	28.1	*10.3	16.6	18.3	26.2	**0.6	100.0
	TOTAL	17.8	17.0	22.5	16.9	25.7	**0.1	100.0
Females	15 to 24	*7.1	*13.4	21.7	32.2	25.5	**0.0	100.0
	25 to 34	18.4	17.7	23.1	29.2	*11.7	**0.0	100.0
	35 to 44	13.5	*10.0	19.4	19.1	38.1	**0.0	100.0
	45 to 54	17.6	*9.4	21.4	16.4	34.7	**0.5	100.0
	55 to 64	23.3	*6.1	20.3	18.6	31.4	**0.3	100.0
	65 and over	32.6	**2.9	17.2	16.8	28.6	**1.8	100.0
	TOTAL	19.1	9.6	20.4	21.6	28.9	**0.5	100.0
Persons	15 to 24	11.3	13.7	20.4	27.7	26.9	**0.0	100.0
	25 to 34	13.2	20.5	28.2	20.7	17.4	**0.0	100.0
	35 to 44	14.1	16.3	22.3	17.8	29.5	**0.0	100.0
	45 to 54	17.5	13.1	21.9	16.0	31.2	**0.3	100.0
	55 to 64	22.6	11.0	19.8	16.9	29.5	**0.2	100.0
	65 and over	30.5	6.4	16.9	17.5	27.4	**1.2	100.0
	TOTAL	18.5	13.2	21.4	19.3	27.3	**0.3	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 85: Tasmanian participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	4.6	23.5	22.3	17.1	28.1
	25 to 34	6.5	19.2	13.9	9.8	25.7
	35 to 44	7.4	20.1	15.3	11.9	27.5
	45 to 54	6.0	23.5	18.7	15.5	29.5
	55 to 64	5.1	19.8	16.0	13.6	24.9
	65 and over	*3.5	20.5	18.2	14.9	24.1
	TOTAL	33.1	126.6	104.4	82.9	159.8
Females	15 to 24	*4.2	25.0	20.3	18.2	29.3
	25 to 34	5.1	18.6	16.6	11.8	23.7
	35 to 44	*3.4	26.1	23.1	19.5	29.5
	45 to 54	*3.5	26.9	22.1	18.9	30.6
	55 to 64	*2.0	23.0	19.6	16.3	25.1
	65 and over	**1.1	23.9	21.3	17.3	25.7
	TOTAL	19.4	143.4	122.9	102.1	163.8
Persons	15 to 24	8.8	48.5	42.6	35.3	57.4
	25 to 34	11.7	37.7	30.5	21.7	49.4
	35 to 44	10.8	46.2	38.4	31.4	57.0
	45 to 54	9.5	50.4	40.7	34.4	60.1
	55 to 64	7.1	42.8	35.6	29.9	50.0
	65 and over	4.6	44.4	39.5	32.3	49.9
	TOTAL	52.5	270.0	227.4	185.0	323.6
Total participation rate (%) (c)						
Males	15 to 24	13.9	70.8	67.3	51.6	84.7
	25 to 34	23.4	68.8	49.8	35.3	92.1
	35 to 44	23.0	62.3	47.4	36.9	85.3
	45 to 54	16.8	65.8	52.2	43.3	82.6
	55 to 64	16.0	62.0	50.2	42.6	78.0
	65 and over	*10.3	61.0	54.4	44.5	71.9
	TOTAL	17.0	65.1	53.7	42.6	82.2
Females	15 to 24	*13.4	79.4	64.5	57.8	92.9
	25 to 34	17.7	63.9	57.1	40.8	81.6
	35 to 44	*10.0	76.6	67.9	57.1	86.5
	45 to 54	*9.4	72.5	59.6	51.1	82.4
	55 to 64	*6.1	70.3	59.8	50.0	76.7
	65 and over	**2.9	62.6	55.7	45.4	67.4
	TOTAL	9.6	70.8	60.7	50.4	80.9
Persons	15 to 24	13.7	75.0	65.9	54.6	88.7
	25 to 34	20.5	66.3	53.5	38.1	86.8
	35 to 44	16.3	69.7	58.0	47.3	85.9
	45 to 54	13.1	69.2	55.9	47.3	82.5
	55 to 64	11.0	66.2	55.1	46.4	77.4
	65 and over	6.4	61.9	55.1	45.0	69.5
	TOTAL	13.2	68.0	57.3	46.6	81.5

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 227,400 Tasmanian persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 86: Tasmanian recent participants — recent participation in any physical activity by duration and age, 2009 (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	11.5	7.9	9.5	13.4	15.8	13.2	71.4
	Two or three sessions weekly	5.0	**0.3	**0.8	*1.9	*1.6	*3.1	12.6
	Less than two sessions weekly	**0.5	*1.4	**0.5	*1.3	**0.7	**0.1	4.5
	<i>Total</i>	17.0	9.6	10.8	16.6	18.1	16.4	88.6
Two hours or more but less than five hours	More than three sessions weekly	4.8	8.8	13.2	10.3	8.1	8.8	54.0
	Two or three sessions weekly	9.1	*3.8	7.2	7.0	*2.1	*3.3	32.5
	Less than two sessions weekly	*3.6	*2.8	*3.9	*3.3	*3.5	*2.1	19.2
	<i>Total</i>	17.5	15.4	24.3	20.6	13.7	14.2	105.8
Less than two hours	More than three sessions weekly	**0.4	**0.6	**0.9	**1.1	**1.2	*2.1	6.2
	Two or three sessions weekly	*3.7	5.8	4.9	*2.8	*4.0	*3.7	24.9
	Less than two sessions weekly	12.3	9.6	8.1	7.9	6.8	6.6	51.4
	<i>Total</i>	16.5	16.0	13.8	11.8	12.0	12.4	82.5
Total	More than three sessions weekly	16.7	17.3	23.6	24.8	25.1	24.1	131.6
	Two or three sessions weekly	17.8	9.9	12.9	11.7	7.7	10.1	70.1
	Less than two sessions weekly	16.4	13.7	12.5	12.5	11.1	8.8	75.1
	Total	50.9	41.0	49.0	49.1	43.9	43.0	276.9
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	4.2	2.9	3.4	4.8	5.7	4.8	25.8
	Two or three sessions weekly	1.8	**0.1	**0.3	*0.7	*0.6	*1.1	4.6
	Less than two sessions weekly	**0.2	*0.5	**0.2	*0.5	**0.3	**0.1	1.6
	<i>Total</i>	6.1	3.5	3.9	6.0	6.5	5.9	32.0
Two hours or more but less than five hours	More than three sessions weekly	1.7	3.2	4.8	3.7	2.9	3.2	19.5
	Two or three sessions weekly	3.3	*1.4	2.6	2.5	*0.8	*1.2	11.8
	Less than two sessions weekly	*1.3	*1.0	*1.4	*1.2	*1.3	*0.8	6.9
	<i>Total</i>	6.3	5.6	8.8	7.5	5.0	5.1	38.2
Less than two hours	More than three sessions weekly	**0.2	**0.2	**0.3	**0.4	**0.4	*0.7	2.3
	Two or three sessions weekly	*1.3	2.1	1.8	*1.0	*1.5	*1.3	9.0
	Less than two sessions weekly	4.5	3.5	2.9	2.9	2.5	2.4	18.6
	<i>Total</i>	5.9	5.8	5.0	4.3	4.4	4.5	29.8
Total	More than three sessions weekly	6.0	6.3	8.5	9.0	9.1	8.7	47.5
	Two or three sessions weekly	6.4	3.6	4.6	4.2	2.8	3.7	25.3
	Less than two sessions weekly	5.9	5.0	4.5	4.5	4.0	3.2	27.1
	Total	18.4	14.8	17.7	17.7	15.9	15.5	100.0

(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 2009

* 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 87: Tasmanian regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	17.1	51.6	18.2	57.8	35.3	54.6
25 to 34	9.8	35.3	11.8	40.8	21.7	38.1
35 to 44	11.9	36.9	19.5	57.1	31.4	47.3
45 to 54	15.5	43.3	18.9	51.1	34.4	47.3
55 to 64	13.6	42.6	16.3	50.0	29.9	46.4
65 and over	14.9	44.5	17.3	45.4	32.3	45.0
REGION						
Capital city	34.4	42.4	43.9	50.4	78.2	46.6
Rest of state	48.5	42.7	58.3	50.4	106.7	46.6
EMPLOYMENT STATUS						
Employed full time	37.5	38.2	25.5	50.6	62.9	42.4
Employed part time	10.8	42.8	36.5	56.5	47.2	52.6
Employed refused	*1.6	*60.6	*1.2	*61.8	*2.9	*61.1
Total employed	49.9	39.6	63.2	54.0	113.0	46.5
Unemployed	4.9	43.6	4.9	54.0	9.8	48.3
Not in the labour force	28.1	49.1	34.0	44.5	62.1	46.4
MARITAL STATUS						
Married	49.2	42.4	60.5	50.7	109.7	46.6
Not married	33.5	43.1	41.6	50.1	75.1	46.7
Refused/Do not know	**0.2	**24.9	**0.0	**0.0	**0.2	**24.9
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	18.4	34.6	30.6	50.1	49.0	42.9
At least one under 18 — none at home	*1.8	*33.1	**0.3	**59.2	*2.1	*35.5
No children under 18	62.6	46.1	71.2	50.5	133.8	48.3
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	21.1	63.3	18.7	52.5	39.8	57.7
Undergraduate diploma or associate diploma	5.7	37.0	8.6	61.2	14.3	48.6
Certificate, trade qualification or apprenticeship	11.2	34.9	15.8	49.5	27.0	42.2
Highest level of secondary school	15.6	38.6	21.5	47.6	37.2	43.4
Did not complete highest level of school	19.9	34.7	27.8	48.7	47.7	41.7
Never went to school	**0.0	**0.0	**0.1	**40.1	**0.1	**40.1
Still at secondary school	6.1	62.0	4.8	47.8	10.9	54.8
Other	*2.5	*49.4	4.3	57.9	6.8	54.5
Refused	**0.8	**79.9	**0.4	**51.1	**1.2	**67.0
INDIGENOUS STATUS						
Indigenous	*4.0	*53.9	*3.1	*46.6	7.1	50.4
Non-Indigenous	78.7	42.1	98.8	50.5	177.5	46.4
Refused	**0.2	**100.0	**0.2	**100.0	**0.4	**100.0
LANGUAGE SPOKEN AT HOME						
English only	79.7	42.9	98.2	49.9	177.9	46.5
European language/s other than English	**1.0	**30.9	**1.2	**63.5	*2.2	*43.0
Non-European language/s	*2.2	*36.7	*2.7	*66.6	4.9	48.9
Total	82.9	42.6	102.1	50.4	185.0	46.6

(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 2009

(b) For any group, the regular 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 88: All Tasmanian persons — participation in organised physical activity by frequency, age and sex, 2009 (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	8.9	7.2	6.3	6.0	4.7	**0.0	33.2
	25 to 34	14.1	6.1	4.6	*2.0	**1.1	**0.0	27.9
	35 to 44	18.1	6.0	*3.5	*2.6	*2.1	**0.0	32.2
	45 to 54	22.3	5.4	4.7	**0.3	*3.1	**0.0	35.8
	55 to 64	20.9	4.8	4.5	*1.3	**0.3	**0.0	31.9
	65 and over	26.3	*1.4	*3.6	*2.1	**0.2	**0.0	33.6
	TOTAL	110.6	30.8	27.3	14.4	11.4	**0.0	194.5
Females	15 to 24	8.6	5.7	10.7	*3.0	*3.5	**0.0	31.5
	25 to 34	18.9	4.4	*3.5	*1.9	**0.3	**0.0	29.0
	35 to 44	22.8	*3.4	4.9	**1.1	*1.8	**0.0	34.1
	45 to 54	25.3	4.4	5.1	**1.0	*1.2	**0.0	37.1
	55 to 64	23.3	*2.5	4.8	**1.0	**1.1	**0.0	32.7
	65 and over	29.0	*2.2	5.3	**0.8	**0.8	**0.0	38.2
	TOTAL	128.0	22.6	34.3	8.9	8.8	**0.0	202.5
Persons	15 to 24	17.5	12.9	17.0	9.0	8.2	**0.0	64.7
	25 to 34	33.0	10.4	8.1	*4.0	*1.4	**0.0	56.9
	35 to 44	40.9	9.4	8.4	*3.8	*3.9	**0.0	66.3
	45 to 54	47.6	9.8	9.8	*1.3	4.3	**0.0	72.8
	55 to 64	44.2	7.3	9.3	*2.3	*1.4	**0.0	64.6
	65 and over	55.3	*3.6	8.9	*2.8	**1.0	**0.0	71.7
	TOTAL	238.6	53.4	61.6	23.2	20.2	**0.0	397.0
Percentage of row (%)								
Males	15 to 24	27.0	21.8	19.1	18.2	14.0	**0.0	100.0
	25 to 34	50.6	21.8	16.5	*7.3	**3.8	**0.0	100.0
	35 to 44	56.1	18.5	*10.8	*8.2	*6.5	**0.0	100.0
	45 to 54	62.3	15.1	13.2	**0.8	*8.5	**0.0	100.0
	55 to 64	65.7	14.9	14.3	*4.1	**1.0	**0.0	100.0
	65 and over	78.3	*4.2	*10.8	*6.2	**0.5	**0.0	100.0
	TOTAL	56.9	15.9	14.0	7.4	5.8	**0.0	100.0
Females	15 to 24	27.3	18.0	34.0	*9.6	*11.2	**0.0	100.0
	25 to 34	65.3	15.0	*12.0	*6.7	**1.0	**0.0	100.0
	35 to 44	66.9	*10.0	14.4	**3.3	*5.4	**0.0	100.0
	45 to 54	68.4	11.8	13.7	**2.7	*3.4	**0.0	100.0
	55 to 64	71.3	*7.8	14.6	**3.0	**3.3	**0.0	100.0
	65 and over	76.0	*5.8	13.9	**2.1	**2.2	**0.0	100.0
	TOTAL	63.2	11.2	16.9	4.4	4.3	**0.0	100.0
Persons	15 to 24	27.1	19.9	26.3	14.0	12.6	**0.0	100.0
	25 to 34	58.1	18.3	14.2	*7.0	*2.4	**0.0	100.0
	35 to 44	61.6	14.1	12.6	*5.7	*5.9	**0.0	100.0
	45 to 54	65.4	13.4	13.5	*1.8	5.9	**0.0	100.0
	55 to 64	68.5	11.3	14.4	*3.6	*2.2	**0.0	100.0
	65 and over	77.1	*5.1	12.5	*4.0	**1.4	**0.0	100.0
	TOTAL	60.1	13.5	15.5	5.9	5.1	**0.0	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 89: Tasmanian organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	7.2	17.0	13.9	10.7	24.2
	25 to 34	6.1	7.7	4.9	*3.1	13.8
	35 to 44	6.0	8.2	7.2	4.7	14.2
	45 to 54	5.4	8.1	5.6	*3.3	13.5
	55 to 64	4.8	6.2	*3.0	*1.6	10.9
	65 and over	*1.4	5.9	*3.7	*2.2	7.3
	TOTAL		30.8	53.0	38.3	25.7
Females	15 to 24	5.7	17.2	11.3	6.5	22.9
	25 to 34	4.4	5.7	4.3	*2.3	10.1
	35 to 44	*3.4	7.9	4.9	*3.0	11.3
	45 to 54	4.4	7.3	*3.7	*2.2	11.7
	55 to 64	*2.5	6.8	4.7	*2.1	9.4
	65 and over	*2.2	6.9	*3.7	*1.6	9.1
	TOTAL		22.6	51.9	32.7	17.7
Persons	15 to 24	12.9	34.2	25.2	17.2	47.1
	25 to 34	10.4	13.4	9.2	5.3	23.9
	35 to 44	9.4	16.0	12.1	7.7	25.4
	45 to 54	9.8	15.4	9.3	5.6	25.2
	55 to 64	7.3	13.0	7.7	*3.7	20.3
	65 and over	*3.6	12.8	7.5	*3.9	16.4
	TOTAL		53.4	105.0	71.0	43.4

Total participation rate (%) (c)

Males	15 to 24	21.8	51.2	41.9	32.2	73.0
	25 to 34	21.8	27.6	17.6	*11.1	49.4
	35 to 44	18.5	25.4	22.2	14.7	43.9
	45 to 54	15.1	22.6	15.6	*9.4	37.7
	55 to 64	14.9	19.4	*9.3	*5.1	34.3
	65 and over	*4.2	17.5	*11.1	*6.7	21.7
	TOTAL	15.9	27.3	19.7	13.2	43.1
Females	15 to 24	18.0	54.7	35.9	20.8	72.7
	25 to 34	15.0	19.7	14.8	*7.8	34.7
	35 to 44	*10.0	23.1	14.4	*8.7	33.1
	45 to 54	11.8	19.8	*10.0	*6.1	31.6
	55 to 64	*7.8	20.9	14.5	*6.3	28.7
	65 and over	*5.8	18.1	*9.8	*4.2	24.0
	TOTAL	11.2	25.6	16.1	8.7	36.8
Persons	15 to 24	19.9	52.9	39.0	26.6	72.9
	25 to 34	18.3	23.6	16.2	9.4	41.9
	35 to 44	14.1	24.2	18.2	11.6	38.4
	45 to 54	13.4	21.2	12.8	7.7	34.6
	55 to 64	11.3	20.2	11.9	*5.7	31.5
	65 and over	*5.1	17.8	10.4	*5.4	22.9
	TOTAL	13.5	26.4	17.9	10.9	39.9

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 71,000 Tasmanian persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 90: Tasmanian organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (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	8.6	18.7	**0.5	9.2	*3.2	24.2
	25 to 34	*3.9	12.5	**0.3	**0.3	*1.9	13.8
	35 to 44	*3.5	11.6	**0.5	**0.2	*3.7	14.2
	45 to 54	*3.8	11.6	**0.0	**0.0	*2.4	13.5
	55 to 64	*1.6	8.7	**0.2	**0.2	*1.7	10.9
	65 and over	**0.7	6.4	**0.0	**0.0	**0.7	7.3
	TOTAL		22.1	69.5	*1.5	10.0	13.6
Females	15 to 24	9.1	14.4	**0.7	8.8	*3.7	22.9
	25 to 34	5.0	5.0	*1.2	**0.7	*1.5	10.1
	35 to 44	*3.2	7.2	**0.6	**0.5	*3.4	11.3
	45 to 54	4.4	6.5	**0.4	**0.4	*3.0	11.7
	55 to 64	*3.5	*3.7	**0.4	**0.3	*3.0	9.4
	65 and over	*3.2	4.4	**0.0	**0.0	*4.0	9.1
	TOTAL		28.3	41.2	*3.3	10.6	18.7
Persons	15 to 24	17.7	33.1	*1.2	17.9	7.0	47.1
	25 to 34	8.9	17.5	*1.5	**1.0	*3.4	23.9
	35 to 44	6.7	18.8	**1.1	**0.7	7.2	25.4
	45 to 54	8.2	18.2	**0.4	**0.4	5.3	25.2
	55 to 64	5.1	12.4	**0.5	**0.5	4.7	20.3
	65 and over	*3.9	10.8	**0.0	**0.0	4.7	16.4
	TOTAL		50.5	110.7	4.8	20.6	32.3
Total participation rate (%) (b)							
Males	15 to 24	25.9	56.3	**1.5	27.6	*9.7	73.0
	25 to 34	*14.0	44.9	**1.1	**1.1	*6.8	49.4
	35 to 44	*10.9	35.9	**1.6	**0.8	*11.6	43.9
	45 to 54	*10.6	32.6	**0.0	**0.0	*6.6	37.7
	55 to 64	*5.1	27.2	**0.5	**0.7	*5.2	34.3
	65 and over	**2.0	19.2	**0.0	**0.0	**2.1	21.7
	TOTAL		11.4	35.7	*0.8	5.1	7.0
Females	15 to 24	28.8	45.8	**2.3	27.8	*11.8	72.7
	25 to 34	17.1	17.1	*4.2	**2.3	*5.2	34.7
	35 to 44	*9.3	21.2	**1.7	**1.4	*10.1	33.1
	45 to 54	12.0	17.6	**1.2	**1.2	*8.0	31.6
	55 to 64	*10.7	*11.3	**1.1	**0.8	*9.2	28.7
	65 and over	*8.4	11.5	**0.0	**0.0	*10.5	24.0
	TOTAL		14.0	20.4	*1.6	5.2	9.2
Persons	15 to 24	27.3	51.2	*1.9	27.7	10.8	72.9
	25 to 34	15.6	30.7	*2.7	**1.7	*6.0	41.9
	35 to 44	10.1	28.4	**1.6	**1.1	10.9	38.4
	45 to 54	11.3	25.0	**0.6	**0.6	7.3	34.6
	55 to 64	7.9	19.1	**0.8	**0.8	7.2	31.5
	65 and over	*5.4	15.1	**0.0	**0.0	6.6	22.9
	TOTAL		12.7	27.9	1.2	5.2	8.1

(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 2009

(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 91: Tasmanian participants — total participation in specific activities (organised and non-organised) by sex, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	21.1	10.8	44.5	22.0	65.6	16.5
Aquarobics	**0.3	**0.2	4.4	2.2	4.8	1.2
Athletics/track and field	**1.1	**0.6	*1.8	*0.9	*2.9	*1.0
Australian rules football	20.2	10.4	**0.7	**0.3	20.9	5.3
Badminton	**0.8	**0.4	*1.6	*0.8	*2.5	*0.6
Basketball	5.3	2.7	5.6	2.8	10.9	2.7
Billiards/snooker/pool	**0.4	**0.2	**0.2	**0.1	**0.6	**0.1
Boxing	**0.2	**0.1	**0.6	**0.3	**0.7	**0.2
Canoeing/kayaking	4.7	2.4	*2.7	*1.3	7.4	1.9
Carpet bowls	**0.7	**0.4	**0.6	**0.3	*1.3	*0.3
Cricket (indoor)	4.4	2.3	**0.0	**0.0	4.4	1.1
Cricket (outdoor)	14.4	7.4	*1.3	*0.6	15.7	4.0
Cycling	24.7	12.7	10.4	5.1	35.2	8.9
Dancing	**1.2	**0.6	7.8	3.8	9.0	2.3
Darts	**1.0	**0.5	**0.1	**0.1	**1.1	**0.3
Fishing	14.5	7.5	**0.9	**0.5	15.4	3.9
Football (indoor)	4.5	2.3	*3.4	*1.7	7.9	2.0
Football (outdoor)	9.0	4.6	5.0	2.5	14.0	3.5
Golf	21.1	10.9	5.2	2.6	26.3	6.6
Gymnastics	**0.3	**0.2	**0.0	**0.0	**0.3	**0.1
Hockey (indoor)	**0.4	**0.2	**0.8	**0.4	**1.2	**0.3
Hockey (outdoor)	5.2	2.7	*3.5	*1.7	8.8	2.2
Horse riding/equestrian activities/polo	**1.0	**0.5	*4.0	*2.0	5.0	1.3
Ice/snow sports	**0.2	**0.1	**0.8	**0.4	**1.0	**0.2
Lawn bowls	6.3	3.3	*2.6	*1.3	9.0	2.3
Martial arts	*4.0	*2.0	5.0	2.5	9.0	2.3
Motor sports	8.7	4.5	**0.4	**0.2	9.1	2.3
Netball	*2.1	*1.1	10.6	5.2	12.7	3.2
Orienteering	*3.7	*1.9	*1.8	*0.9	5.5	1.4
Rock climbing	*2.0	*1.0	**0.3	**0.2	*2.3	*0.6
Roller sports	**0.8	**0.4	**0.0	**0.0	**0.8	**0.2
Rowing	*3.8	*1.9	**1.1	**0.6	4.9	1.2
Rugby union	**1.1	**0.6	**0.5	**0.3	*1.6	*0.4
Running	19.2	9.9	11.9	5.9	31.1	7.8
Sailing	6.7	3.4	*2.0	*1.0	8.7	2.2
Scuba diving	*2.1	*1.1	**0.9	**0.4	*2.9	*0.7
Shooting sports	*4.0	*2.0	**0.0	**0.0	*4.0	*1.0
Softball	**0.0	**0.0	**1.1	**0.6	**1.1	**0.3
Squash/racquetball	*3.0	*1.5	**0.6	**0.3	*3.6	*0.9
Surf sports	6.5	3.3	**1.1	**0.6	7.6	1.9
Swimming	16.7	8.6	29.2	14.4	45.9	11.6
Table tennis	*3.7	*1.9	**0.1	**0.1	*3.8	*0.9
Tennis	8.8	4.5	6.2	3.0	15.0	3.8
Tenpin bowling	**0.6	**0.3	**1.0	**0.5	*1.6	*0.4
Touch football	4.7	2.4	*3.2	*1.6	7.9	2.0
Triathlon	**0.7	**0.4	**0.2	**0.1	**0.9	**0.2
Volleyball	*1.9	*1.0	**0.2	**0.1	*2.2	*0.5
Walking (bush)	15.5	8.0	14.8	7.3	30.4	7.7
Walking (other)	60.2	31.0	104.2	51.4	164.4	41.4
Water polo	**0.3	**0.1	**0.5	**0.3	**0.8	**0.2
Waterskiing/powerboating	**0.7	**0.4	**0.9	**0.4	*1.6	*0.4
Weight training	4.3	2.2	5.1	2.5	9.5	2.4
Yoga	**0.8	**0.4	5.9	2.9	6.8	1.7

(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 2009

(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 92: Tasmanian participants — total participation in specific activities by type of activity, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	17.1	51.3	65.6	4.3	12.9	16.5
Aquarobics	*3.4	*1.9	4.8	*0.9	*0.5	1.2
Athletics/track and field	*2.2	*1.4	*2.9	*0.6	*0.4	*0.7
Australian rules football	17.5	6.3	20.9	4.4	1.6	5.3
Badminton	*1.9	**0.5	*2.5	*0.5	**0.1	*0.6
Basketball	9.7	*2.2	10.9	2.5	*0.6	2.7
Billiards/snooker/pool	**0.4	**0.2	**0.6	**0.1	**0.1	**0.1
Boxing	**0.2	**0.6	**0.7	**0.0	**0.1	**0.2
Canoeing/kayaking	**0.8	7.3	7.4	**0.2	1.8	1.9
Carpet bowls	*1.3	**0.3	*1.3	*0.3	**0.1	*0.3
Cricket (indoor)	**0.9	*3.8	4.4	**0.2	*1.0	1.1
Cricket (outdoor)	12.1	5.1	15.7	3.0	1.3	4.0
Cycling	4.4	33.6	35.2	1.1	8.5	8.9
Dancing	7.3	*3.0	9.0	1.8	*0.8	2.3
Darts	**1.0	**0.9	**1.1	**0.3	**0.2	**0.3
Fishing	*1.5	15.2	15.4	*0.4	3.8	3.9
Football (indoor)	5.8	*2.5	7.9	1.5	*0.6	2.0
Football (outdoor)	11.8	4.4	14.0	3.0	1.1	3.5
Golf	15.0	16.6	26.3	3.8	4.2	6.6
Gymnastics	**0.0	**0.3	**0.3	**0.0	**0.1	**0.1
Hockey (indoor)	**0.7	**0.5	**1.2	**0.2	**0.1	**0.3
Hockey (outdoor)	8.1	**1.1	8.8	2.0	**0.3	2.2
Horse riding/equestrian activities/polocrosse	*2.5	*3.9	5.0	*0.6	*1.0	1.3
Ice/snow sports	**0.4	**1.0	**1.0	**0.1	**0.2	**0.2
Lawn bowls	8.4	**0.9	9.0	2.1	**0.2	2.3
Martial arts	7.5	*2.0	9.0	1.9	*0.5	2.3
Motor sports	*2.0	7.8	9.1	*0.5	2.0	2.3
Netball	11.1	*2.3	12.7	2.8	*0.6	3.2
Orienteering	4.8	*1.9	5.5	1.2	*0.5	1.4
Rock climbing	**0.8	*1.5	*2.3	**0.2	*0.4	*0.6
Roller sports	**0.0	**0.8	**0.8	**0.0	**0.2	**0.2
Rowing	*4.3	**0.8	4.9	*1.1	**0.2	1.2
Rugby union	*1.6	**0.0	*1.6	*0.4	**0.0	*0.4
Running	10.1	26.3	31.1	2.6	6.6	7.8
Sailing	4.9	5.7	8.7	1.2	1.4	2.2
Scuba diving	**0.0	*2.9	*2.9	**0.0	*0.7	*0.7
Shooting sports	**1.0	*3.1	*4.0	**0.2	*0.8	*1.0
Softball	**1.1	**0.0	**1.1	**0.3	**0.0	**0.3
Squash/racquetball	**0.9	*2.7	*3.6	**0.2	*0.7	*0.9
Surf sports	**0.7	7.4	7.6	**0.2	1.9	1.9
Swimming	6.8	41.3	45.9	1.7	10.4	11.6
Table tennis	**1.0	*2.7	*3.8	**0.3	*0.7	*0.9
Tennis	5.6	11.2	15.0	1.4	2.8	3.8
Tenpin bowling	**0.6	**1.1	*1.6	**0.1	**0.3	*0.4
Touch football	7.9	**0.6	7.9	2.0	**0.2	2.0
Triathlon	**0.9	**0.2	**0.9	**0.2	**0.1	**0.2
Volleyball	*2.2	**0.4	*2.2	*0.5	**0.1	*0.5
Walking (bush)	*4.3	28.6	30.4	*1.1	7.2	7.7
Walking (other)	8.7	161.3	164.4	2.2	40.6	41.4
Water polo	**0.8	**0.0	**0.8	**0.2	**0.0	**0.2
Waterskiing/powerboating	**0.0	*1.6	*1.6	**0.0	*0.4	*0.4
Weight training	*3.3	6.4	9.5	*0.8	1.6	2.4
Yoga	*3.4	*3.6	6.8	*0.9	*0.9	1.7

(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 2009

(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

10.3.7 Victoria

Table 93: Victorian participants — total participation in physical activity by type of participation, age and sex, 2009 (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	98.1	77.8	171.4	269.6	249.2	347.4
	25 to 34	44.1	144.7	130.2	174.2	274.9	318.9
	35 to 44	26.9	196.2	111.1	137.9	307.3	334.1
	45 to 54	28.2	168.2	103.1	131.3	271.3	299.5
	55 to 64	22.8	149.5	50.7	73.5	200.2	223.0
	65 and over	44.0	120.7	60.0	103.9	180.7	224.6
	TOTAL		264.0	857.1	626.4	890.4	1,483.6
Females	15 to 24	76.6	93.4	143.5	220.1	236.9	313.5
	25 to 34	28.8	168.1	123.2	152.0	291.3	320.1
	35 to 44	28.3	196.2	111.0	139.2	307.1	335.4
	45 to 54	26.7	186.9	97.3	124.0	284.2	310.9
	55 to 64	23.7	154.0	69.9	93.6	223.9	247.6
	65 and over	55.3	136.3	82.3	137.6	218.6	273.9
	TOTAL		239.4	934.8	627.2	866.5	1,562.0
Persons	15 to 24	174.7	171.2	314.9	489.7	486.2	660.9
	25 to 34	72.9	312.8	253.4	326.2	566.1	639.0
	35 to 44	55.1	392.3	222.0	277.2	614.4	669.5
	45 to 54	54.8	355.1	200.4	255.3	555.5	610.3
	55 to 64	46.5	303.5	120.6	167.1	424.1	470.6
	65 and over	99.2	257.0	142.3	241.5	399.3	498.5
	TOTAL		503.4	1,791.9	1,253.6	1,757.0	3,045.5
Total participation rate (%) (b)							
Males	15 to 24	26.0	20.6	45.4	71.5	66.1	92.1
	25 to 34	11.6	38.1	34.3	45.9	72.4	84.0
	35 to 44	7.0	50.8	28.8	35.7	79.5	86.5
	45 to 54	7.8	46.6	28.6	36.4	75.2	83.0
	55 to 64	7.8	51.0	17.3	25.0	68.2	76.0
	65 and over	13.8	38.0	18.9	32.7	56.9	70.7
	TOTAL	12.5	40.5	29.6	42.1	70.1	82.6
Females	15 to 24	21.1	25.8	39.6	60.8	65.4	86.6
	25 to 34	7.6	44.3	32.5	40.1	76.8	84.4
	35 to 44	7.1	49.4	27.9	35.0	77.3	84.4
	45 to 54	7.2	50.3	26.2	33.4	76.6	83.8
	55 to 64	7.8	50.7	23.0	30.8	73.7	81.5
	65 and over	15.0	37.0	22.3	37.3	59.3	74.3
	TOTAL	11.0	42.8	28.7	39.7	71.6	82.5
Persons	15 to 24	23.6	23.2	42.6	66.2	65.8	89.4
	25 to 34	9.6	41.2	33.4	43.0	74.6	84.2
	35 to 44	7.0	50.1	28.3	35.4	78.4	85.4
	45 to 54	7.5	48.5	27.4	34.9	75.9	83.4
	55 to 64	7.8	50.8	20.2	28.0	71.0	78.8
	65 and over	14.5	37.5	20.7	35.2	58.2	72.7
	TOTAL	11.7	41.7	29.2	40.9	70.9	82.6

(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 2009

(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

Table 94: Victorian participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	347.4	92.1	313.5	86.6	660.9	89.4
25 to 34	318.9	84.0	320.1	84.4	639.0	84.2
35 to 44	334.1	86.5	335.4	84.4	669.5	85.4
45 to 54	299.5	83.0	310.9	83.8	610.3	83.4
55 to 64	223.0	76.0	247.6	81.5	470.6	78.8
65 and over	224.6	70.7	273.9	74.3	498.5	72.7
REGION						
Capital city	1,311.7	84.1	1,314.2	81.7	2,626.0	82.9
Rest of state	435.8	78.4	487.1	85.0	923.0	81.8
EMPLOYMENT STATUS						
Employed full time	1,011.7	85.4	504.7	84.3	1,516.4	85.1
Employed part time	259.6	86.1	636.7	89.1	896.2	88.2
Employed refused	*9.6	*52.0	20.7	93.0	30.2	74.4
Total employed	1,280.9	85.2	1,162.0	87.0	2,442.9	86.0
Unemployed	98.3	87.6	77.9	75.5	176.2	81.8
Not in the labour force	368.4	73.8	561.5	75.4	929.9	74.8
MARITAL STATUS						
Married	1,009.9	82.4	1,000.6	83.4	2,010.5	82.9
Not married	725.2	83.0	788.0	81.7	1,513.2	82.3
Refused/Do not know	*12.5	*80.5	*12.8	*71.4	25.3	75.6
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	502.6	86.0	562.9	81.3	1,065.4	83.5
At least one under 18 – none at home	45.6	82.1	6.2	71.7	51.9	80.7
No children under 18	1,197.7	81.3	1,229.4	83.1	2,427.1	82.2
Refused	**1.6	**100.0	**2.8	**100.0	*4.5	*100.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	546.0	89.4	566.3	88.1	1,112.2	88.8
Undergraduate diploma or associate diploma	137.8	86.7	146.7	85.3	284.6	86.0
Certificate, trade qualification or apprenticeship	221.9	82.8	198.4	84.1	420.3	83.4
Highest level of secondary school	321.2	81.1	365.9	82.9	687.1	82.1
Did not complete highest level of school	369.8	74.1	390.9	74.0	760.7	74.0
Never went to school	**0.0	**0.0	**0.9	**100.0	**0.9	**37.4
Still at secondary school	106.2	96.5	85.0	88.5	191.2	92.8
Other	38.7	64.6	43.7	75.0	82.3	69.7
Refused	*6.1	*55.6	**3.6	**50.2	*9.6	*53.4
INDIGENOUS STATUS						
Indigenous	22.2	87.8	12.9	66.7	35.1	78.6
Non-Indigenous	1,720.0	82.7	1,787.3	82.8	3,507.4	82.7
Refused	*5.3	*58.0	**1.1	**34.0	*6.4	*51.6
LANGUAGE SPOKEN AT HOME						
English only	1,457.1	83.6	1,520.7	84.5	2,977.7	84.0
European language/s other than English	93.1	77.9	103.9	76.1	197.0	77.0
Non-European language/s	203.4	78.1	183.4	71.9	386.8	75.0
Total	1,747.5	82.6	1,801.4	82.5	3,548.9	82.6

(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 2009

(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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** 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, 2009 (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	29.9	32.4	107.3	87.2	120.4	**0.0	377.3
	25 to 34	60.6	53.2	104.9	78.0	82.9	**0.0	379.5
	35 to 44	52.1	65.1	86.1	93.5	89.5	**0.0	386.2
	45 to 54	61.5	58.5	93.5	68.1	78.6	**0.9	361.0
	55 to 64	70.5	32.8	63.5	51.1	75.1	**0.4	293.5
	65 and over	93.1	28.9	57.6	42.1	95.4	**0.6	317.7
	TOTAL		367.6	270.9	512.9	420.0	541.9	**1.9
Females	15 to 24	48.6	42.6	88.3	67.5	113.7	**1.4	362.1
	25 to 34	59.3	40.1	91.0	87.8	101.3	**0.0	379.4
	35 to 44	62.0	35.7	96.0	82.2	121.5	**0.0	397.4
	45 to 54	60.3	36.9	73.1	83.4	116.8	**0.6	371.2
	55 to 64	56.2	21.5	59.7	65.8	99.7	**1.0	303.8
	65 and over	94.6	28.4	67.1	65.8	109.8	**2.7	368.5
	TOTAL		381.1	205.2	475.2	452.4	662.8	*5.7
Persons	15 to 24	78.5	75.1	195.6	154.7	234.1	**1.4	739.4
	25 to 34	119.9	93.2	195.9	165.8	184.1	**0.0	758.9
	35 to 44	114.2	100.7	182.1	175.7	211.0	**0.0	783.7
	45 to 54	121.8	95.4	166.6	151.5	195.4	**1.5	732.1
	55 to 64	126.7	54.3	123.2	116.9	174.8	**1.4	597.3
	65 and over	187.7	57.3	124.7	107.9	205.3	**3.3	686.2
	TOTAL		748.7	476.1	988.1	872.4	1,204.7	*7.6
Percentage of row (%)								
Males	15 to 24	7.9	8.6	28.4	23.1	31.9	**0.0	100.0
	25 to 34	16.0	14.0	27.6	20.6	21.8	**0.0	100.0
	35 to 44	13.5	16.8	22.3	24.2	23.2	**0.0	100.0
	45 to 54	17.0	16.2	25.9	18.9	21.8	**0.2	100.0
	55 to 64	24.0	11.2	21.6	17.4	25.6	**0.2	100.0
	65 and over	29.3	9.1	18.1	13.3	30.0	**0.2	100.0
	TOTAL		17.4	12.8	24.2	19.9	25.6	**0.1
Females	15 to 24	13.4	11.8	24.4	18.6	31.4	**0.4	100.0
	25 to 34	15.6	10.6	24.0	23.1	26.7	**0.0	100.0
	35 to 44	15.6	9.0	24.2	20.7	30.6	**0.0	100.0
	45 to 54	16.2	10.0	19.7	22.5	31.5	**0.2	100.0
	55 to 64	18.5	7.1	19.6	21.7	32.8	**0.3	100.0
	65 and over	25.7	7.7	18.2	17.8	29.8	**0.7	100.0
	TOTAL		17.5	9.4	21.8	20.7	30.4	*0.3
Persons	15 to 24	10.6	10.2	26.5	20.9	31.7	**0.2	100.0
	25 to 34	15.8	12.3	25.8	21.8	24.3	**0.0	100.0
	35 to 44	14.6	12.9	23.2	22.4	26.9	**0.0	100.0
	45 to 54	16.6	13.0	22.7	20.7	26.7	**0.2	100.0
	55 to 64	21.2	9.1	20.6	19.6	29.3	**0.2	100.0
	65 and over	27.3	8.4	18.2	15.7	29.9	**0.5	100.0
	TOTAL		17.4	11.1	23.0	20.3	28.0	*0.2

(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 96: Victorian participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	32.4	314.9	267.2	207.6	347.4
	25 to 34	53.2	265.8	205.7	160.8	318.9
	35 to 44	65.1	269.1	220.0	183.0	334.1
	45 to 54	58.5	240.1	190.2	146.7	299.5
	55 to 64	32.8	189.7	165.6	126.2	223.0
	65 and over	28.9	195.2	169.4	137.6	224.6
	TOTAL		270.9	1,474.8	1,218.1	961.9
Females	15 to 24	42.6	269.5	220.5	181.2	313.5
	25 to 34	40.1	280.0	234.2	189.0	320.1
	35 to 44	35.7	299.7	255.8	203.7	335.4
	45 to 54	36.9	273.3	242.8	200.2	310.9
	55 to 64	21.5	225.2	198.1	165.5	247.6
	65 and over	28.4	242.7	215.2	175.6	273.9
	TOTAL		205.2	1,590.4	1,366.7	1,115.2
Persons	15 to 24	75.1	584.4	487.8	388.8	660.9
	25 to 34	93.2	545.8	439.9	349.9	639.0
	35 to 44	100.7	568.8	475.8	386.7	669.5
	45 to 54	95.4	513.4	433.0	346.8	610.3
	55 to 64	54.3	414.9	363.7	291.7	470.6
	65 and over	57.3	437.9	384.7	313.2	498.5
	TOTAL		476.1	3,065.2	2,584.8	2,077.1

Total participation rate (%) (c)

Males	15 to 24	8.6	83.5	70.8	55.0	92.1
	25 to 34	14.0	70.0	54.2	42.4	84.0
	35 to 44	16.8	69.7	57.0	47.4	86.5
	45 to 54	16.2	66.5	52.7	40.6	83.0
	55 to 64	11.2	64.6	56.4	43.0	76.0
	65 and over	9.1	61.4	53.3	43.3	70.7
	TOTAL		12.8	69.7	57.6	45.5
Females	15 to 24	11.8	74.4	60.9	50.0	86.6
	25 to 34	10.6	73.8	61.7	49.8	84.4
	35 to 44	9.0	75.4	64.4	51.3	84.4
	45 to 54	10.0	73.6	65.4	53.9	83.8
	55 to 64	7.1	74.1	65.2	54.5	81.5
	65 and over	7.7	65.9	58.4	47.6	74.3
	TOTAL		9.4	72.9	62.6	51.1
Persons	15 to 24	10.2	79.0	66.0	52.6	89.4
	25 to 34	12.3	71.9	58.0	46.1	84.2
	35 to 44	12.9	72.6	60.7	49.3	85.4
	45 to 54	13.0	70.1	59.1	47.4	83.4
	55 to 64	9.1	69.5	60.9	48.8	78.8
	65 and over	8.4	63.8	56.1	45.6	72.7
	TOTAL		11.1	71.3	60.1	48.3

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 2.6 million Victorian persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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, 2009 (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	184.9	97.9	117.7	120.1	95.6	128.1	744.2
	Two or three sessions weekly	30.0	18.1	*13.2	15.2	16.2	29.4	122.2
	Less than two sessions weekly	*7.9	*8.5	*6.9	*6.3	*4.7	*9.2	43.5
	<i>Total</i>	222.8	124.5	137.8	141.6	116.5	166.6	909.9
Two hours or more but less than five hours	More than three sessions weekly	66.8	125.7	141.2	103.5	88.0	90.1	615.3
	Two or three sessions weekly	90.8	88.5	81.1	70.5	46.7	38.1	415.7
	Less than two sessions weekly	29.4	27.9	21.9	34.2	22.6	24.3	160.3
	<i>Total</i>	187.1	242.2	244.2	208.1	157.3	152.4	1,191.4
Less than two hours	More than three sessions weekly	*12.6	*7.7	*10.5	*11.7	*13.5	18.8	74.7
	Two or three sessions weekly	26.9	38.6	60.8	48.6	48.6	41.5	265.1
	Less than two sessions weekly	112.9	127.5	110.2	110.8	69.0	59.4	589.7
	<i>Total</i>	152.3	173.8	181.5	171.1	131.1	119.7	929.5
Total	More than three sessions weekly	264.3	231.3	269.4	235.2	197.1	236.9	1,434.3
	Two or three sessions weekly	147.8	145.3	155.1	134.3	111.5	108.9	802.9
	Less than two sessions weekly	150.2	165.0	138.9	151.2	96.4	92.9	794.6
	Total	562.2	541.6	563.5	520.8	405.0	438.7	3,031.8
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	6.1	3.2	3.9	4.0	3.2	4.2	24.5
	Two or three sessions weekly	1.0	0.6	*0.4	0.5	0.5	1.0	4.0
	Less than two sessions weekly	*0.3	*0.3	*0.2	*0.2	*0.2	*0.3	1.4
	<i>Total</i>	7.3	4.1	4.5	4.7	3.8	5.5	30.0
Two hours or more but less than five hours	More than three sessions weekly	2.2	4.1	4.7	3.4	2.9	3.0	20.3
	Two or three sessions weekly	3.0	2.9	2.7	2.3	1.5	1.3	13.7
	Less than two sessions weekly	1.0	0.9	0.7	1.1	0.7	0.8	5.3
	<i>Total</i>	6.2	8.0	8.1	6.9	5.2	5.0	39.3
Less than two hours	More than three sessions weekly	*0.4	*0.3	*0.3	*0.4	*0.4	0.6	2.5
	Two or three sessions weekly	0.9	1.3	2.0	1.6	1.6	1.4	8.7
	Less than two sessions weekly	3.7	4.2	3.6	3.7	2.3	2.0	19.5
	<i>Total</i>	5.0	5.7	6.0	5.6	4.3	3.9	30.7
Total	More than three sessions weekly	8.7	7.6	8.9	7.8	6.5	7.8	47.3
	Two or three sessions weekly	4.9	4.8	5.1	4.4	3.7	3.6	26.5
	Less than two sessions weekly	5.0	5.4	4.6	5.0	3.2	3.1	26.2
	Total	18.5	17.9	18.6	17.2	13.4	14.5	100.0

(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 2009

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

Table 98: Victorian regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	207.6	55.0	181.2	50.0	388.8	52.6
25 to 34	160.8	42.4	189.0	49.8	349.9	46.1
35 to 44	183.0	47.4	203.7	51.3	386.7	49.3
45 to 54	146.7	40.6	200.2	53.9	346.8	47.4
55 to 64	126.2	43.0	165.5	54.5	291.7	48.8
65 and over	137.6	43.3	175.6	47.6	313.2	45.6
REGION						
Capital city	743.7	47.7	825.1	51.3	1,568.8	49.5
Rest of state	218.2	39.3	290.0	50.6	508.2	45.0
EMPLOYMENT STATUS						
Employed full time	525.0	44.3	310.7	51.9	835.7	46.9
Employed part time	148.3	49.2	412.1	57.7	560.4	55.2
Employed refused	*4.9	*26.6	*12.4	*55.6	17.3	42.5
Total employed	678.2	45.1	735.2	55.1	1,413.4	49.8
Unemployed	55.1	49.1	40.2	38.9	95.3	44.2
Not in the labour force	228.6	45.8	339.8	45.7	568.4	45.7
MARITAL STATUS						
Married	534.6	43.6	625.3	52.1	1,159.9	47.8
Not married	422.5	48.4	481.8	49.9	904.3	49.2
Refused/Do not know	*4.8	*31.1	*8.1	*44.9	*12.9	*38.5
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	248.3	42.5	332.6	48.1	580.9	45.5
At least one under 18 — none at home	19.3	34.7	**2.7	**31.5	22.0	34.3
No children under 18	693.5	47.1	778.9	52.7	1,472.4	49.9
Refused	**0.8	**46.3	**0.9	**33.3	**1.7	**38.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	298.4	48.9	357.6	55.6	656.0	52.3
Undergraduate diploma or associate diploma	79.4	49.9	87.8	51.1	167.2	50.5
Certificate, trade qualification or apprenticeship	123.0	45.9	116.8	49.5	239.8	47.6
Highest level of secondary school	168.5	42.5	230.9	52.3	399.5	47.7
Did not complete highest level of school	205.8	41.2	246.7	46.7	452.5	44.0
Never went to school	**0.0	**0.0	**0.5	**51.8	**0.5	**19.4
Still at secondary school	65.9	59.9	46.0	47.9	111.9	54.3
Other	19.7	32.9	26.9	46.2	46.6	39.5
Refused	**1.1	**10.1	**1.9	**26.7	**3.0	**16.6
INDIGENOUS STATUS						
Indigenous	14.8	58.4	6.1	*31.5	20.9	46.7
Non-Indigenous	945.3	45.4	1,108.0	51.3	2,053.3	48.4
Refused	**1.8	**19.9	**1.1	**34.0	**2.9	**23.7
LANGUAGE SPOKEN AT HOME						
English only	805.3	46.2	953.1	53.0	1,758.4	49.6
European language/s other than English	56.0	46.9	64.2	47.0	120.2	47.0
Non-European language/s	103.2	39.6	100.9	39.6	204.2	39.6
Total	961.9	45.5	1,115.2	51.1	2,077.1	48.3

(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 2009

(b) For any group, the regular 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 99: All Victorian persons — participation in organised physical activity by frequency, age and sex, 2009 (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	107.7	46.3	87.6	73.4	62.4	**0.0	377.3
	25 to 34	205.3	54.2	67.6	39.5	*13.0	**0.0	379.5
	35 to 44	248.3	46.9	55.0	25.2	*10.8	**0.0	386.2
	45 to 54	229.7	47.4	56.0	17.7	*10.2	**0.0	361.0
	55 to 64	220.0	22.4	34.9	*9.5	*6.7	**0.0	293.5
	65 and over	213.8	22.1	47.8	22.7	*10.7	**0.6	317.7
	TOTAL	1,224.7	239.2	348.9	188.0	113.8	**0.6	2,115.2
Females	15 to 24	142.1	54.5	73.6	52.9	37.7	**1.4	362.1
	25 to 34	227.4	47.5	61.3	33.0	*10.3	**0.0	379.4
	35 to 44	258.2	39.5	54.4	30.5	14.8	**0.0	397.4
	45 to 54	247.2	35.3	55.0	21.3	*12.4	**0.0	371.2
	55 to 64	210.2	32.9	33.2	15.2	*11.9	**0.5	303.8
	65 and over	230.9	32.1	66.6	24.2	*13.7	**0.9	368.5
	TOTAL	1,315.9	241.8	344.3	177.0	100.7	**2.8	2,182.4
Persons	15 to 24	249.7	100.8	161.2	126.2	100.0	**1.4	739.4
	25 to 34	432.7	101.7	128.9	72.5	23.2	**0.0	758.9
	35 to 44	506.5	86.4	109.4	55.8	25.6	**0.0	783.7
	45 to 54	476.9	82.7	111.0	38.9	22.6	**0.0	732.1
	55 to 64	430.2	55.3	68.1	24.7	18.5	**0.5	597.3
	65 and over	444.7	54.2	114.5	46.9	24.4	**1.5	686.2
	TOTAL	2,540.6	481.0	693.1	365.0	214.4	**3.4	4,297.6

Percentage of row (%)

Males	15 to 24	28.5	12.3	23.2	19.4	16.5	**0.0	100.0
	25 to 34	54.1	14.3	17.8	10.4	*3.4	**0.0	100.0
	35 to 44	64.3	12.1	14.2	6.5	*2.8	**0.0	100.0
	45 to 54	63.6	13.1	15.5	4.9	*2.8	**0.0	100.0
	55 to 64	75.0	7.6	11.9	*3.2	*2.3	**0.0	100.0
	65 and over	67.3	6.9	15.1	7.2	*3.4	**0.2	100.0
	TOTAL	57.9	11.3	16.5	8.9	5.4	**0.0	100.0
Females	15 to 24	39.2	15.1	20.3	14.6	10.4	**0.4	100.0
	25 to 34	59.9	12.5	16.2	8.7	*2.7	**0.0	100.0
	35 to 44	65.0	9.9	13.7	7.7	3.7	**0.0	100.0
	45 to 54	66.6	9.5	14.8	5.7	*3.3	**0.0	100.0
	55 to 64	69.2	10.8	10.9	5.0	*3.9	**0.2	100.0
	65 and over	62.7	8.7	18.1	6.6	*3.7	**0.3	100.0
	TOTAL	60.3	11.1	15.8	8.1	4.6	**0.1	100.0
Persons	15 to 24	33.8	13.6	21.8	17.1	13.5	**0.2	100.0
	25 to 34	57.0	13.4	17.0	9.6	3.1	**0.0	100.0
	35 to 44	64.6	11.0	14.0	7.1	3.3	**0.0	100.0
	45 to 54	65.1	11.3	15.2	5.3	3.1	**0.0	100.0
	55 to 64	72.0	9.3	11.4	4.1	3.1	**0.1	100.0
	65 and over	64.8	7.9	16.7	6.8	3.6	**0.2	100.0
	TOTAL	59.1	11.2	16.1	8.5	5.0	**0.1	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 100: Victorian organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	46.3	223.3	181.0	135.7	269.6
	25 to 34	54.2	120.1	79.9	52.5	174.2
	35 to 44	46.9	91.1	55.7	36.1	137.9
	45 to 54	47.4	83.8	44.9	27.9	131.3
	55 to 64	22.4	51.0	35.7	16.1	73.5
	65 and over	22.1	81.3	61.3	33.5	103.9
	TOTAL		239.2	650.6	458.6	301.8
Females	15 to 24	54.5	164.2	122.8	90.5	220.1
	25 to 34	47.5	104.5	70.6	43.2	152.0
	35 to 44	39.5	99.7	66.4	45.3	139.2
	45 to 54	35.3	88.7	60.3	33.7	124.0
	55 to 64	32.9	60.3	43.2	27.0	93.6
	65 and over	32.1	104.5	69.0	37.9	137.6
	TOTAL		241.8	622.0	432.3	277.7
Persons	15 to 24	100.8	387.5	303.8	226.3	489.7
	25 to 34	101.7	224.6	150.5	95.7	326.2
	35 to 44	86.4	190.8	122.1	81.4	277.2
	45 to 54	82.7	172.6	105.2	61.5	255.3
	55 to 64	55.3	111.3	78.9	43.2	167.1
	65 and over	54.2	185.8	130.4	71.4	241.5
	TOTAL		481.0	1,272.6	890.9	579.5

Total participation rate (%) (c)

Males	15 to 24	12.3	59.2	48.0	36.0	71.5
	25 to 34	14.3	31.6	21.1	13.8	45.9
	35 to 44	12.1	23.6	14.4	9.3	35.7
	45 to 54	13.1	23.2	12.4	7.7	36.4
	55 to 64	7.6	17.4	12.2	5.5	25.0
	65 and over	6.9	25.6	19.3	10.5	32.7
	TOTAL		11.3	30.8	21.7	14.3
Females	15 to 24	15.1	45.3	33.9	25.0	60.8
	25 to 34	12.5	27.6	18.6	11.4	40.1
	35 to 44	9.9	25.1	16.7	11.4	35.0
	45 to 54	9.5	23.9	16.2	9.1	33.4
	55 to 64	10.8	19.8	14.2	8.9	30.8
	65 and over	8.7	28.4	18.7	10.3	37.3
	TOTAL		11.1	28.5	19.8	12.7
Persons	15 to 24	13.6	52.4	41.1	30.6	66.2
	25 to 34	13.4	29.6	19.8	12.6	43.0
	35 to 44	11.0	24.3	15.6	10.4	35.4
	45 to 54	11.3	23.6	14.4	8.4	34.9
	55 to 64	9.3	18.6	13.2	7.2	28.0
	65 and over	7.9	27.1	19.0	10.4	35.2
	TOTAL		11.2	29.6	20.7	13.5

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 890,900 Victorian persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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, 2009 (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	91.5	203.2	*8.7	77.4	34.2	269.6
	25 to 34	79.3	121.7	*8.2	**2.8	25.1	174.2
	35 to 44	39.3	106.6	*7.4	**2.8	22.6	137.9
	45 to 54	31.9	92.4	*9.4	**2.2	28.1	131.3
	55 to 64	19.1	57.1	**1.7	**0.0	*11.9	73.5
	65 and over	19.1	77.7	**0.0	**0.0	21.0	103.9
	TOTAL		280.2	658.7	35.4	85.3	142.8
Females	15 to 24	97.7	135.7	**3.0	69.4	37.5	220.1
	25 to 34	87.5	73.3	*10.3	*4.1	31.8	152.0
	35 to 44	82.5	70.2	**3.8	**0.0	37.9	139.2
	45 to 54	60.3	62.5	*7.5	**1.5	27.9	124.0
	55 to 64	43.7	42.6	**3.3	**0.0	27.9	93.6
	65 and over	47.6	68.3	**0.0	**0.5	56.2	137.6
	TOTAL		419.3	452.6	28.0	75.5	219.2
Persons	15 to 24	189.1	338.9	*11.7	146.8	71.7	489.7
	25 to 34	166.8	195.0	18.5	*6.9	56.9	326.2
	35 to 44	121.8	176.8	*11.2	**2.8	60.4	277.2
	45 to 54	92.2	154.9	16.9	**3.7	56.1	255.3
	55 to 64	62.8	99.7	*5.1	**0.0	39.8	167.1
	65 and over	66.7	146.0	**0.0	**0.5	77.1	241.5
	TOTAL		699.4	1,111.3	63.4	160.8	362.0
Total participation rate (%) (b)							
Males	15 to 24	24.2	53.9	*2.3	20.5	9.1	71.5
	25 to 34	20.9	32.1	*2.2	**0.7	6.6	45.9
	35 to 44	10.2	27.6	*1.9	**0.7	5.8	35.7
	45 to 54	8.8	25.6	*2.6	**0.6	7.8	36.4
	55 to 64	6.5	19.5	**0.6	**0.0	*4.0	25.0
	65 and over	6.0	24.5	**0.0	**0.0	6.6	32.7
	TOTAL		13.2	31.1	1.7	4.0	6.7
Females	15 to 24	27.0	37.5	**0.8	19.2	10.4	60.8
	25 to 34	23.1	19.3	*2.7	*1.1	8.4	40.1
	35 to 44	20.8	17.7	**0.9	**0.0	9.5	35.0
	45 to 54	16.2	16.8	*2.0	**0.4	7.5	33.4
	55 to 64	14.4	14.0	**1.1	**0.0	9.2	30.8
	65 and over	12.9	18.5	**0.0	**0.1	15.2	37.3
	TOTAL		19.2	20.7	1.3	3.5	10.0
Persons	15 to 24	25.6	45.8	*1.6	19.9	9.7	66.2
	25 to 34	22.0	25.7	2.4	*0.9	7.5	43.0
	35 to 44	15.5	22.6	*1.4	**0.4	7.7	35.4
	45 to 54	12.6	21.2	2.3	**0.5	7.7	34.9
	55 to 64	10.5	16.7	*0.9	**0.0	6.7	28.0
	65 and over	9.7	21.3	**0.0	**0.1	11.2	35.2
	TOTAL		16.3	25.9	1.5	3.7	8.4

(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 2009

(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, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	381.1	18.0	627.4	28.7	1,008.5	23.5
Aquarobics	*4.9	*0.2	36.1	1.7	41.0	1.0
Athletics/track and field	20.3	1.0	15.8	0.7	36.1	0.8
Australian rules football	206.5	9.8	*13.8	*0.6	220.3	5.1
Badminton	20.1	1.0	19.7	0.9	39.9	0.9
Baseball	*8.6	*0.4	**3.5	**0.2	*12.1	*0.3
Basketball	139.8	6.6	90.7	4.2	230.5	5.4
Billiards/snooker/pool	**1.9	**0.1	**0.0	**0.0	**1.9	**0.0
Boxing	*14.1	*0.7	16.8	0.8	30.9	0.7
Canoeing/kayaking	15.1	0.7	*14.4	*0.7	29.5	0.7
Carpet bowls	**2.6	**0.1	*9.6	*0.4	*12.1	*0.3
Cricket (indoor)	41.6	2.0	**3.6	**0.2	45.2	1.1
Cricket (outdoor)	170.4	8.1	*11.7	*0.5	182.1	4.2
Cycling	363.2	17.2	188.2	8.6	551.4	12.8
Dancing	*11.8	*0.6	110.6	5.1	122.4	2.8
Darts	**3.4	**0.2	**0.7	**0.0	*4.1	*0.1
Fishing	54.7	2.6	**3.3	**0.2	58.0	1.3
Football (indoor)	92.6	4.4	15.1	0.7	107.7	2.5
Football (outdoor)	101.8	4.8	26.1	1.2	127.9	3.0
Golf	213.2	10.1	64.9	3.0	278.1	6.5
Gymnastics	**3.3	**0.2	*5.9	*0.3	*9.2	*0.2
Hockey (indoor)	**2.0	**0.1	**2.6	**0.1	*4.6	*0.1
Hockey (outdoor)	15.6	0.7	25.9	1.2	41.5	1.0
Horse riding/equestrian activities/polocrosse	*9.8	*0.5	32.4	1.5	42.2	1.0
Ice/snow sports	47.1	2.2	30.6	1.4	77.6	1.8
Lawn bowls	47.4	2.2	45.2	2.1	92.6	2.2
Martial arts	47.7	2.3	35.3	1.6	82.9	1.9
Motor sports	46.1	2.2	*7.1	*0.3	53.2	1.2
Netball	35.5	1.7	184.9	8.5	220.4	5.1
Orienteering	18.3	0.9	*14.3	*0.7	32.6	0.8
Rock climbing	*11.3	*0.5	*6.1	*0.3	17.5	0.4
Roller sports	18.6	0.9	*6.5	*0.3	25.1	0.6
Rowing	*10.4	*0.5	*4.3	*0.2	14.8	0.3
Rugby league	*12.5	*0.6	**3.0	**0.1	15.5	0.4
Rugby union	*10.4	*0.5	**0.0	**0.0	*10.4	*0.2
Running	285.8	13.5	216.1	9.9	501.9	11.7
Sailing	*13.8	*0.7	*7.1	*0.3	21.0	0.5
Scuba diving	*7.1	*0.3	**2.4	**0.1	*9.6	*0.2
Shooting sports	17.6	0.8	**2.9	**0.1	20.5	0.5
Softball	**0.8	**0.0	*5.0	*0.2	*5.8	*0.1
Squash/racquetball	41.1	1.9	*10.4	*0.5	51.5	1.2
Surf sports	37.2	1.8	14.9	0.7	52.0	1.2
Swimming	279.1	13.2	317.6	14.6	596.6	13.9
Table tennis	20.2	1.0	*7.4	*0.3	27.6	0.6
Tennis	162.5	7.7	131.9	6.0	294.4	6.9
Tenpin bowling	19.1	0.9	*9.9	*0.5	29.0	0.7
Touch football	*5.8	*0.3	*4.7	*0.2	*10.6	*0.2
Triathlon	*11.7	*0.6	*5.4	*0.2	17.1	0.4
Volleyball	23.4	1.1	26.6	1.2	49.9	1.2
Walking (bush)	70.3	3.3	119.9	5.5	190.2	4.4
Walking (other)	534.1	25.3	1,009.7	46.3	1,543.8	35.9
Water polo	**1.0	**0.0	**0.6	**0.0	**1.7	**0.0
Waterskiing/powerboating	22.6	1.1	*8.4	*0.4	31.0	0.7
Weight training	75.8	3.6	52.4	2.4	128.2	3.0
Yoga	*10.8	*0.5	135.2	6.2	146.0	3.4

(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 2009

(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, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	324.7	746.5	1,008.5	7.6	17.4	23.5
Aquarobics	29.0	*13.3	41.0	0.7	*0.3	1.0
Athletics/track and field	32.4	*7.6	36.1	0.8	*0.2	0.8
Australian rules football	174.4	57.2	220.3	4.1	1.3	5.1
Badminton	17.0	26.5	39.9	0.4	0.6	0.9
Baseball	*9.3	**3.6	*12.1	*0.2	**0.1	*0.3
Basketball	171.5	84.0	230.5	4.0	2.0	5.4
Billiards/snooker/pool	**1.9	**1.9	**1.9	**0.0	**0.0	**0.0
Boxing	16.3	20.5	30.9	0.4	0.5	0.7
Canoeing/kayaking	*11.3	23.7	29.5	*0.3	0.6	0.7
Carpet bowls	*11.6	*0.5	*12.1	*0.3	**0.0	*0.3
Cricket (indoor)	24.5	23.9	45.2	0.6	0.6	1.1
Cricket (outdoor)	133.1	56.8	182.1	3.1	1.3	4.2
Cycling	66.2	529.7	551.4	1.5	12.3	12.8
Dancing	90.5	43.3	122.4	2.1	1.0	2.8
Darts	**0.0	*4.1	*4.1	**0.0	*0.1	*0.1
Fishing	*7.2	56.9	58.0	*0.2	1.3	1.3
Football (indoor)	59.7	61.2	107.7	1.4	1.4	2.5
Football (outdoor)	57.2	74.9	127.9	1.3	1.7	3.0
Golf	135.2	185.9	278.1	3.1	4.3	6.5
Gymnastics	*7.0	**2.8	*9.2	*0.2	**0.1	*0.2
Hockey (indoor)	*3.9	*1.6	*4.6	*0.1	**0.0	*0.1
Hockey (outdoor)	38.0	*5.5	41.5	0.9	*0.1	1.0
Horse riding/equestrian activities/polocrosse	19.6	32.7	42.2	0.5	0.8	1.0
Ice/snow sports	*10.3	69.4	77.6	*0.2	1.6	1.8
Lawn bowls	85.1	*13.3	92.6	2.0	*0.3	2.2
Martial arts	65.5	24.9	82.9	1.5	0.6	1.9
Motor sports	28.3	35.3	53.2	0.7	0.8	1.2
Netball	185.7	56.8	220.4	4.3	1.3	5.1
Orienteering	18.7	15.7	32.6	0.4	0.4	0.8
Rock climbing	**3.5	*14.6	17.5	**0.1	*0.3	0.4
Roller sports	*8.3	18.9	25.1	*0.2	0.4	0.6
Rowing	*9.2	*7.4	14.8	*0.2	*0.2	0.3
Rugby league	*10.1	*6.2	15.5	*0.2	*0.1	0.4
Rugby union	*6.8	*4.7	*10.4	*0.2	*0.1	*0.2
Running	81.3	459.6	501.9	1.9	10.7	11.7
Sailing	18.0	*7.3	21.0	0.4	*0.2	0.5
Scuba diving	*4.8	*6.1	*9.6	*0.1	*0.1	*0.2
Shooting sports	*13.7	*13.1	20.5	*0.3	*0.3	0.5
Softball	*5.8	**0.8	*5.8	*0.1	**0.0	*0.1
Squash/racquetball	16.1	38.3	51.5	0.4	0.9	1.2
Surf sports	*9.3	47.1	52.0	*0.2	1.1	1.2
Swimming	75.7	539.2	596.6	1.8	12.5	13.9
Table tennis	*14.3	15.4	27.6	*0.3	0.4	0.6
Tennis	153.1	176.1	294.4	3.6	4.1	6.9
Tenpin bowling	*13.4	17.1	29.0	*0.3	0.4	0.7
Touch football	*8.2	**3.0	*10.6	*0.2	**0.1	*0.2
Triathlon	16.2	**1.0	17.1	0.4	**0.0	0.4
Volleyball	35.0	18.5	49.9	0.8	0.4	1.2
Walking (bush)	22.3	179.1	190.2	0.5	4.2	4.4
Walking (other)	81.7	1,513.6	1,543.8	1.9	35.2	35.9
Water polo	**1.0	**0.6	**1.7	**0.0	**0.0	**0.0
Waterskiing/powerboating	**1.6	29.4	31.0	**0.0	0.7	0.7
Weight training	31.4	100.3	128.2	0.7	2.3	3.0
Yoga	79.2	77.6	146.0	1.8	1.8	3.4

(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 2009

(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

10.3.8 Western Australia

Table 104: Western Australian participants — total participation in physical activity by type of participation, age and sex, 2009 (a)

Sex	Age group (years)	Organised only (c)	Non-organised only (d)	Both organised and non-organised (e)	Total organised	Total non-organised	Total participation
		(A)	(B)	(C)	(A + C)	(B + C)	(A + B + C)
		Number ('000)					
Males	15 to 24	22.6	54.2	66.8	89.4	121.0	143.6
	25 to 34	23.0	72.7	47.9	70.9	120.6	143.6
	35 to 44	*13.0	76.6	58.2	71.3	134.9	147.9
	45 to 54	*15.0	82.0	38.3	53.2	120.3	135.3
	55 to 64	*8.7	62.6	22.8	31.6	85.4	94.1
	65 and over	*14.0	43.9	24.0	37.9	67.9	81.9
	TOTAL	96.3	392.0	258.0	354.3	650.0	746.4
	Females	15 to 24	31.0	52.6	55.8	86.8	108.4
25 to 34		*9.1	73.0	54.7	63.8	127.8	136.8
35 to 44		*6.5	80.4	52.9	59.4	133.3	139.8
45 to 54		*13.7	80.4	34.4	48.1	114.8	128.5
55 to 64		*7.0	63.3	24.2	31.2	87.4	94.5
65 and over		17.0	50.7	29.9	47.0	80.6	97.7
TOTAL		84.3	400.4	252.0	336.2	652.3	736.6
Persons		15 to 24	53.5	106.8	122.6	176.2	229.4
	25 to 34	32.1	145.7	102.6	134.7	248.3	280.4
	35 to 44	19.5	157.0	111.1	130.7	268.2	287.7
	45 to 54	28.7	162.4	72.7	101.3	235.1	263.7
	55 to 64	15.8	125.8	47.0	62.8	172.8	188.6
	65 and over	31.0	94.6	53.9	84.9	148.6	179.5
	TOTAL	180.6	792.4	510.0	690.6	1,302.4	1,483.0
	Total participation rate (%) (b)						
Males	15 to 24	14.3	34.4	42.4	56.8	76.9	91.2
	25 to 34	14.7	46.3	30.5	45.2	76.9	91.5
	35 to 44	*7.9	46.5	35.3	43.3	81.8	89.8
	45 to 54	*9.6	52.8	24.6	34.3	77.4	87.0
	55 to 64	*7.0	50.0	18.3	25.3	68.3	75.3
	65 and over	*11.7	36.8	20.1	31.8	56.9	68.5
	TOTAL	11.0	44.6	29.3	40.3	73.9	84.9
	Females	15 to 24	20.8	35.3	37.5	58.3	72.8
25 to 34		*6.1	48.8	36.6	42.6	85.4	91.5
35 to 44		*4.1	50.3	33.1	37.2	83.5	87.5
45 to 54		*8.9	52.3	22.4	31.3	74.6	83.5
55 to 64		*5.8	52.0	19.8	25.6	71.8	77.6
65 and over		12.9	38.5	22.7	35.6	61.2	74.1
TOTAL		9.7	46.3	29.1	38.8	75.4	85.1
Persons		15 to 24	17.5	34.9	40.0	57.5	74.9
	25 to 34	10.5	47.5	33.5	44.0	81.0	91.5
	35 to 44	6.0	48.4	34.3	40.3	82.6	88.7
	45 to 54	9.3	52.5	23.5	32.8	76.0	85.3
	55 to 64	6.4	51.0	19.0	25.4	70.0	76.4
	65 and over	12.3	37.7	21.5	33.8	59.1	71.5
	TOTAL	10.4	45.4	29.2	39.6	74.7	85.0

(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 2009

(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

Table 105: Western Australian participants — total participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	143.6	91.2	139.4	93.6	283.0	92.4
25 to 34	143.6	91.5	136.8	91.5	280.4	91.5
35 to 44	147.9	89.8	139.8	87.5	287.7	88.7
45 to 54	135.3	87.0	128.5	83.5	263.7	85.3
55 to 64	94.1	75.3	94.5	77.6	188.6	76.4
65 and over	81.9	68.5	97.7	74.1	179.5	71.5
REGION						
Capital city	561.6	86.2	561.7	86.2	1,123.3	86.2
Rest of state	184.7	81.2	174.9	81.8	359.7	81.5
EMPLOYMENT STATUS						
Employed full time	470.0	88.1	220.1	84.7	690.1	87.0
Employed part time	110.2	85.2	252.8	91.2	362.9	89.3
Employed refused	**3.2	**74.5	*8.1	*81.1	*11.3	*79.1
Total employed	583.3	87.5	481.0	87.9	1,064.3	87.7
Unemployed	36.6	82.6	34.0	91.7	70.7	86.7
Not in the labour force	126.4	75.3	221.6	78.8	348.0	77.5
MARITAL STATUS						
Married	442.9	83.9	416.2	86.2	859.1	85.0
Not married	302.4	86.6	316.0	83.5	618.4	85.0
Refused/Do not know	**1.1	**52.8	*4.4	*100.0	*5.5	*85.0
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	218.7	87.5	242.1	87.7	460.8	87.6
At least one under 18 — none at home	22.1	81.5	**3.9	**73.2	26.0	80.1
No children under 18	505.6	84.0	490.6	84.0	996.2	84.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	187.5	89.8	179.8	92.8	367.3	91.3
Undergraduate diploma or associate diploma	59.3	95.9	75.4	89.0	134.7	91.9
Certificate, trade qualification or apprenticeship	133.3	86.8	93.8	90.9	227.1	88.5
Highest level of secondary school	163.5	83.6	199.7	87.6	363.3	85.7
Did not complete highest level of school	157.3	76.1	135.5	69.5	292.8	72.9
Still at secondary school	30.0	100.0	31.6	100.0	61.6	100.0
Other	*12.5	*67.3	17.1	71.6	29.6	69.7
Refused	**3.0	**75.7	**3.6	**78.3	*6.6	*77.1
INDIGENOUS STATUS						
Indigenous	*14.6	*87.3	*14.0	*79.2	28.5	83.2
Non-Indigenous	731.8	84.9	722.6	85.2	1,454.4	85.0
LANGUAGE SPOKEN AT HOME						
English only	654.0	85.3	679.1	86.0	1,333.1	85.6
European language/s other than English	26.1	73.9	16.0	75.6	42.1	74.5
Non-European language/s	67.9	85.4	43.9	76.3	111.9	81.5
Total	746.4	84.9	736.6	85.1	1,483.0	85.0

(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 2009

(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 106: All Western Australian persons — participation in any physical activity by frequency, age and sex, 2009 (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	*13.8	25.6	30.8	35.7	51.4	**0.0	157.4
	25 to 34	*13.3	22.0	46.2	33.8	41.5	**0.0	156.9
	35 to 44	16.9	25.5	38.0	34.6	49.8	**0.0	164.8
	45 to 54	20.2	20.5	41.4	27.8	45.6	**0.0	155.5
	55 to 64	30.9	16.0	17.9	20.1	40.1	**0.0	125.1
	65 and over	37.6	*6.7	18.8	18.8	37.6	**0.0	119.5
	TOTAL	132.7	116.4	193.1	170.8	266.0	**0.0	879.0
Females	15 to 24	*9.6	16.4	54.1	29.9	39.0	**0.0	149.0
	25 to 34	*12.8	19.0	39.8	29.1	48.9	**0.0	149.6
	35 to 44	19.9	*12.6	27.1	39.1	60.3	**0.7	159.7
	45 to 54	25.3	15.7	26.4	39.1	47.3	**0.0	153.8
	55 to 64	27.3	*6.8	19.2	26.5	41.4	**0.6	121.8
	65 and over	34.1	*5.3	24.4	21.5	46.5	**0.0	131.8
	TOTAL	129.0	75.9	191.0	185.1	283.4	**1.2	865.6
Persons	15 to 24	23.4	42.0	84.9	65.5	90.5	**0.0	306.4
	25 to 34	26.0	41.1	86.0	62.9	90.4	**0.0	306.5
	35 to 44	36.8	38.2	65.1	73.7	110.1	**0.7	324.5
	45 to 54	45.5	36.2	67.8	66.9	92.9	**0.0	309.3
	55 to 64	58.2	22.8	37.1	46.6	81.5	**0.6	246.8
	65 and over	71.7	*12.0	43.2	40.3	84.0	**0.0	251.2
	TOTAL	261.7	192.3	384.1	356.0	549.4	**1.2	1,744.6
Percentage of row (%)								
Males	15 to 24	*8.8	16.3	19.6	22.6	32.7	**0.0	100.0
	25 to 34	*8.5	14.1	29.5	21.6	26.4	**0.0	100.0
	35 to 44	10.2	15.5	23.0	21.0	30.3	**0.0	100.0
	45 to 54	13.0	13.2	26.6	17.9	29.3	**0.0	100.0
	55 to 64	24.7	12.8	14.3	16.1	32.1	**0.0	100.0
	65 and over	31.5	*5.6	15.8	15.7	31.4	**0.0	100.0
	TOTAL	15.1	13.2	22.0	19.4	30.3	**0.0	100.0
Females	15 to 24	*6.4	11.0	36.3	20.1	26.2	**0.0	100.0
	25 to 34	*8.5	12.7	26.6	19.4	32.7	**0.0	100.0
	35 to 44	12.5	*7.9	17.0	24.5	37.7	**0.4	100.0
	45 to 54	16.5	10.2	17.2	25.4	30.8	**0.0	100.0
	55 to 64	22.4	*5.6	15.8	21.8	34.0	**0.5	100.0
	65 and over	25.9	*4.1	18.5	16.3	35.3	**0.0	100.0
	TOTAL	14.9	8.8	22.1	21.4	32.7	**0.1	100.0
Persons	15 to 24	7.6	13.7	27.7	21.4	29.5	**0.0	100.0
	25 to 34	8.5	13.4	28.1	20.5	29.5	**0.0	100.0
	35 to 44	11.3	11.8	20.1	22.7	33.9	**0.2	100.0
	45 to 54	14.7	11.7	21.9	21.6	30.0	**0.0	100.0
	55 to 64	23.6	9.2	15.0	18.9	33.0	**0.2	100.0
	65 and over	28.5	*4.8	17.2	16.0	33.4	**0.0	100.0
	TOTAL	15.0	11.0	22.0	20.4	31.5	**0.1	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 107: Western Australian participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	25.6	117.9	108.8	87.1	143.6
	25 to 34	22.0	121.6	94.8	75.3	143.6
	35 to 44	25.5	122.4	100.9	84.4	147.9
	45 to 54	20.5	114.8	95.1	73.4	135.3
	55 to 64	16.0	78.1	68.3	60.3	94.1
	65 and over	*6.7	75.2	65.5	56.3	81.9
	TOTAL	116.4	630.0	533.4	436.9	746.4
Females	15 to 24	16.4	123.0	101.4	68.9	139.4
	25 to 34	19.0	117.8	100.9	78.0	136.8
	35 to 44	*12.6	126.5	111.9	99.4	139.8
	45 to 54	15.7	112.8	98.5	86.4	128.5
	55 to 64	*6.8	87.1	75.3	67.9	94.5
	65 and over	*5.3	92.3	82.8	68.0	97.7
	TOTAL	75.9	659.5	570.8	468.5	736.6
Persons	15 to 24	42.0	240.9	210.2	156.0	283.0
	25 to 34	41.1	239.3	195.7	153.3	280.4
	35 to 44	38.2	248.9	212.7	183.8	287.7
	45 to 54	36.2	227.6	193.6	159.8	263.7
	55 to 64	22.8	165.3	143.7	128.2	188.6
	65 and over	*12.0	167.5	148.3	124.3	179.5
	TOTAL	192.3	1,289.5	1,104.3	905.4	1,483.0
Total participation rate (%) (c)						
Males	15 to 24	16.3	74.9	69.1	55.3	91.2
	25 to 34	14.1	77.5	60.4	48.0	91.5
	35 to 44	15.5	74.3	61.2	51.2	89.8
	45 to 54	13.2	73.8	61.2	47.2	87.0
	55 to 64	12.8	62.5	54.6	48.2	75.3
	65 and over	*5.6	62.9	54.8	47.2	68.5
	TOTAL	13.2	71.7	60.7	49.7	84.9
Females	15 to 24	11.0	82.6	68.0	46.3	93.6
	25 to 34	12.7	78.7	67.5	52.1	91.5
	35 to 44	*7.9	79.2	70.0	62.2	87.5
	45 to 54	10.2	73.3	64.0	56.2	83.5
	55 to 64	*5.6	71.6	61.9	55.8	77.6
	65 and over	*4.1	70.1	62.9	51.6	74.1
	TOTAL	8.8	76.2	65.9	54.1	85.1
Persons	15 to 24	13.7	78.6	68.6	50.9	92.4
	25 to 34	13.4	78.1	63.9	50.0	91.5
	35 to 44	11.8	76.7	65.6	56.6	88.7
	45 to 54	11.7	73.6	62.6	51.7	85.3
	55 to 64	9.2	67.0	58.2	51.9	76.4
	65 and over	*4.8	66.7	59.0	49.5	71.5
	TOTAL	11.0	73.9	63.3	51.9	85.0

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 1.1 million Western Australian persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 108: Western Australian recent participants — recent participation in any physical activity by duration and age, 2009 (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	60.9	40.7	64.0	49.8	49.7	46.0	311.1
	Two or three sessions weekly	*8.8	*8.4	**3.7	*12.8	*8.5	*13.5	55.8
	Less than two sessions weekly	**2.9	*4.2	**3.3	**2.9	**0.0	**0.5	*13.8
	<i>Total</i>	72.6	53.4	71.0	65.5	58.2	60.0	380.7
Two hours or more but less than five hours	More than three sessions weekly	37.8	51.8	49.5	50.7	35.5	36.3	261.6
	Two or three sessions weekly	56.8	35.6	21.8	23.8	18.6	*15.1	171.7
	Less than two sessions weekly	**8.8	**12.1	**13.7	**7.5	*4.9	*6.2	53.3
	<i>Total</i>	103.5	99.5	85.0	82.1	59.0	57.6	486.6
Less than two hours	More than three sessions weekly	**0.0	*5.4	*5.2	*8.7	*8.4	*5.9	33.6
	Two or three sessions weekly	*12.6	19.7	30.7	19.9	*12.8	*11.4	107.1
	Less than two sessions weekly	46.7	50.6	50.8	48.3	28.0	24.7	249.1
	<i>Total</i>	59.3	75.7	86.7	76.9	49.2	42.0	389.9
Total	More than three sessions weekly	98.8	97.9	118.6	109.2	93.7	88.2	606.4
	Two or three sessions weekly	78.2	63.7	56.3	56.5	39.9	40.0	334.6
	Less than two sessions weekly	58.4	66.9	67.8	58.7	32.9	31.4	316.2
	Total	235.4	228.6	242.7	224.5	166.5	159.5	1,257.2
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	4.8	3.2	5.1	4.0	4.0	3.7	24.7
	Two or three sessions weekly	*0.7	*0.7	**0.3	*1.0	*0.7	*1.1	4.4
	Less than two sessions weekly	**0.2	*0.3	**0.3	**0.2	**0.0	**0.0	*1.1
	<i>Total</i>	5.8	4.2	5.6	5.2	4.6	4.8	30.3
Two hours or more but less than five hours	More than three sessions weekly	3.0	4.1	3.9	4.0	2.8	2.9	20.8
	Two or three sessions weekly	4.5	2.8	1.7	1.9	1.5	*1.2	13.7
	Less than two sessions weekly	*0.7	*1.0	*1.1	*0.6	*0.4	*0.5	4.2
	<i>Total</i>	8.2	7.9	6.8	6.5	4.7	4.6	38.7
Less than two hours	More than three sessions weekly	**0.0	*0.4	*0.4	*0.7	*0.7	*0.5	2.7
	Two or three sessions weekly	*1.0	1.6	2.4	1.6	*1.0	*0.9	8.5
	Less than two sessions weekly	3.7	4.0	4.0	3.8	2.2	2.0	19.8
	<i>Total</i>	4.7	6.0	6.9	6.1	3.9	3.3	31.0
Total	More than three sessions weekly	7.9	7.8	9.4	8.7	7.5	7.0	48.2
	Two or three sessions weekly	6.2	5.1	4.5	4.5	3.2	3.2	26.6
	Less than two sessions weekly	4.6	5.3	5.4	4.7	2.6	2.5	25.2
	Total	18.7	18.2	19.3	17.9	13.2	12.7	100.0

(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 2009

* 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 109: Western Australian regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2009 (a)

	MALES		FEMALES		PERSONS	
	Number	Total participation rate (b)	Number	Total participation rate	Number	Total participation rate
	('000)	(%)	('000)	(%)	('000)	(%)
AGE GROUP (YEARS)						
15 to 24	87.1	55.3	68.9	46.3	156.0	50.9
25 to 34	75.3	48.0	78.0	52.1	153.3	50.0
35 to 44	84.4	51.2	99.4	62.2	183.8	56.6
45 to 54	73.4	47.2	86.4	56.2	159.8	51.7
55 to 64	60.3	48.2	67.9	55.8	128.2	51.9
65 and over	56.3	47.2	68.0	51.6	124.3	49.5
REGION						
Capital city	339.6	52.1	359.1	55.1	698.7	53.6
Rest of state	97.3	42.7	109.5	51.2	206.7	46.8
EMPLOYMENT STATUS						
Employed full time	260.3	48.8	147.3	56.6	407.6	51.4
Employed part time	72.6	56.2	156.5	56.5	229.2	56.4
Employed refused	**1.5	**34.4	**2.4	**23.5	**3.8	**26.8
Total employed	334.4	50.1	306.2	55.9	640.6	52.8
Unemployed	17.6	39.8	17.2	46.5	34.9	42.8
Not in the labour force	84.8	50.5	145.2	51.6	230.0	51.2
MARITAL STATUS						
Married	260.0	49.3	283.9	58.8	543.9	53.8
Not married	176.8	50.6	181.8	48.0	358.6	49.3
Refused/Do not know	**0.0	**0.0	**2.9	**65.4	**2.9	**44.7
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	109.0	43.6	150.2	54.4	259.2	49.3
At least one under 18 — none at home	*10.5	*38.7	**2.9	**55.3	*13.4	*41.4
No children under 18	317.3	52.7	315.4	54.0	632.8	53.3
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	117.5	56.3	131.0	67.6	248.5	61.7
Undergraduate diploma or associate diploma	33.9	54.9	45.9	54.2	79.8	54.5
Certificate, trade qualification or apprenticeship	73.3	47.8	54.6	52.9	127.9	49.8
Highest level of secondary school	98.4	50.3	122.2	53.6	220.6	52.1
Did not complete highest level of school	88.8	43.0	91.5	46.9	180.3	44.9
Still at secondary school	16.9	56.3	*11.0	*34.8	27.9	45.3
Other	*7.1	*38.1	*10.6	*44.2	17.6	41.5
Refused	**1.0	**25.7	**1.8	**38.3	**2.8	**32.5
INDIGENOUS STATUS						
Indigenous	*6.6	*39.9	*7.1	*40.1	*13.7	*40.0
Non-Indigenous	430.2	49.9	461.5	54.4	891.7	52.1
LANGUAGE SPOKEN AT HOME						
English only	381.7	49.8	434.4	55.0	816.1	52.4
European language/s other than English	*12.5	*35.4	*11.7	*55.1	24.2	42.8
Non-European language/s	44.4	55.7	24.8	43.1	69.2	50.4
Total	436.9	49.7	468.5	54.1	905.4	51.9

(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 2009

(b) For any group, the regular 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 110: All Western Australian persons — participation in organised physical activity by frequency, age and sex, 2009 (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	68.1	29.7	30.0	*14.1	*15.4	**0.0	157.4
	25 to 34	86.0	17.9	34.8	*10.8	*7.4	**0.0	156.9
	35 to 44	93.5	32.1	20.0	*14.6	*4.5	**0.0	164.8
	45 to 54	102.2	17.2	23.9	*6.3	*5.8	**0.0	155.5
	55 to 64	93.5	*10.5	*10.9	*6.9	**3.2	**0.0	125.1
	65 and over	81.5	*9.0	17.6	*8.3	**3.0	**0.0	119.5
	TOTAL	524.7	116.5	137.3	61.1	39.4	**0.0	879.0
Females	15 to 24	62.1	22.4	40.3	16.4	*7.7	**0.0	149.0
	25 to 34	85.8	22.4	29.1	*8.8	**3.4	**0.0	149.6
	35 to 44	100.3	17.6	23.2	*11.9	*6.8	**0.0	159.7
	45 to 54	105.7	*12.2	18.0	*12.1	*5.2	**0.5	153.8
	55 to 64	90.6	*5.0	17.3	*7.4	**1.5	**0.0	121.8
	65 and over	84.8	*10.9	26.9	*4.3	*4.9	**0.0	131.8
	TOTAL	529.4	90.6	154.7	60.9	29.5	**0.5	865.6
Persons	15 to 24	130.2	52.1	70.4	30.5	23.1	**0.0	306.4
	25 to 34	171.8	40.3	63.9	19.7	*10.8	**0.0	306.5
	35 to 44	193.8	49.7	43.2	26.5	*11.3	**0.0	324.5
	45 to 54	207.9	29.4	41.9	18.5	*11.0	**0.5	309.3
	55 to 64	184.1	15.6	28.2	*14.3	*4.7	**0.0	246.8
	65 and over	166.3	19.9	44.5	*12.6	*7.9	**0.0	251.2
	TOTAL	1,054.1	207.1	292.0	122.1	68.9	**0.5	1,744.6

Percentage of row (%)

Males	15 to 24	43.2	18.9	19.1	*9.0	*9.8	**0.0	100.0
	25 to 34	54.8	11.4	22.2	*6.9	*4.7	**0.0	100.0
	35 to 44	56.7	19.5	12.2	*8.9	*2.7	**0.0	100.0
	45 to 54	65.7	11.1	15.4	*4.1	*3.7	**0.0	100.0
	55 to 64	74.7	*8.4	*8.7	*5.5	**2.6	**0.0	100.0
	65 and over	68.2	*7.5	14.7	*7.0	**2.5	**0.0	100.0
	TOTAL	59.7	13.3	15.6	7.0	4.5	**0.0	100.0
Females	15 to 24	41.7	15.0	27.1	11.0	*5.2	**0.0	100.0
	25 to 34	57.4	15.0	19.4	*5.9	**2.3	**0.0	100.0
	35 to 44	62.8	11.0	14.5	*7.4	*4.2	**0.0	100.0
	45 to 54	68.7	*8.0	11.7	*7.9	*3.4	**0.3	100.0
	55 to 64	74.4	*4.1	14.2	*6.1	**1.2	**0.0	100.0
	65 and over	64.4	*8.3	20.4	*3.3	*3.7	**0.0	100.0
	TOTAL	61.2	10.5	17.9	7.0	3.4	**0.1	100.0
Persons	15 to 24	42.5	17.0	23.0	10.0	7.6	**0.0	100.0
	25 to 34	56.0	13.2	20.8	6.4	*3.5	**0.0	100.0
	35 to 44	59.7	15.3	13.3	8.2	*3.5	**0.0	100.0
	45 to 54	67.2	9.5	13.6	6.0	*3.5	**0.2	100.0
	55 to 64	74.6	6.3	11.4	*5.8	*1.9	**0.0	100.0
	65 and over	66.2	7.9	17.7	*5.0	*3.1	**0.0	100.0
	TOTAL	60.4	11.9	16.7	7.0	3.9	**0.0	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 11.1: Western Australian organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

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	29.7	59.6	46.6	29.6	89.4
	25 to 34	17.9	53.0	34.1	18.2	70.9
	35 to 44	32.1	39.2	26.9	19.1	71.3
	45 to 54	17.2	36.1	19.8	*12.1	53.2
	55 to 64	*10.5	21.0	*13.8	*10.1	31.6
	65 and over	*9.0	28.9	22.3	*11.3	37.9
	TOTAL	116.5	237.8	163.4	100.5	354.3
Females	15 to 24	22.4	64.4	52.5	24.1	86.8
	25 to 34	22.4	41.3	21.2	*12.3	63.8
	35 to 44	17.6	41.8	26.6	18.7	59.4
	45 to 54	*12.2	35.3	26.0	17.3	48.1
	55 to 64	*5.0	26.2	18.8	*8.9	31.2
	65 and over	*10.9	36.1	22.3	*9.2	47.0
	TOTAL	90.6	245.1	167.5	90.4	336.2
Persons	15 to 24	52.1	124.0	99.1	53.7	176.2
	25 to 34	40.3	94.4	55.3	30.5	134.7
	35 to 44	49.7	81.0	53.5	37.8	130.7
	45 to 54	29.4	71.4	45.8	29.4	101.3
	55 to 64	15.6	47.2	32.6	19.0	62.8
	65 and over	19.9	65.0	44.6	20.5	84.9
	TOTAL	207.1	482.9	330.9	190.9	690.6

Total participation rate (%) (c)

Males	15 to 24	18.9	37.9	29.6	18.8	56.8
	25 to 34	11.4	33.8	21.7	11.6	45.2
	35 to 44	19.5	23.8	16.3	11.6	43.3
	45 to 54	11.1	23.2	12.7	*7.8	34.3
	55 to 64	*8.4	16.8	*11.0	*8.1	25.3
	65 and over	*7.5	24.2	18.6	*9.5	31.8
	TOTAL	13.3	27.1	18.6	11.4	40.3
Females	15 to 24	15.0	43.2	35.2	16.2	58.3
	25 to 34	15.0	27.6	14.2	*8.2	42.6
	35 to 44	11.0	26.2	16.7	11.7	37.2
	45 to 54	*8.0	23.0	16.9	11.3	31.3
	55 to 64	*4.1	21.5	15.5	*7.3	25.6
	65 and over	*8.3	27.4	16.9	*7.0	35.6
	TOTAL	10.5	28.3	19.3	10.4	38.8
Persons	15 to 24	17.0	40.5	32.4	17.5	57.5
	25 to 34	13.2	30.8	18.1	10.0	44.0
	35 to 44	15.3	25.0	16.5	11.6	40.3
	45 to 54	9.5	23.1	14.8	9.5	32.8
	55 to 64	6.3	19.1	13.2	7.7	25.4
	65 and over	7.9	25.9	17.7	8.2	33.8
	TOTAL	11.9	27.7	19.0	10.9	39.6

(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 2009

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 330,900 Western Australian persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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 112: Western Australian organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (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	43.4	54.0	*4.5	23.3	*10.6	89.4
	25 to 34	24.0	52.4	**3.6	**0.0	*4.2	70.9
	35 to 44	23.0	54.7	*6.0	**1.2	*10.5	71.3
	45 to 54	*13.0	38.8	**3.8	**1.8	*9.8	53.2
	55 to 64	**2.9	27.6	**0.9	**0.0	*6.3	31.6
	65 and over	*9.1	26.3	**0.0	**0.0	*10.5	37.9
	TOTAL		115.5	253.7	18.8	26.2	51.9
Females	15 to 24	46.2	56.5	**2.8	25.9	*14.4	86.8
	25 to 34	43.3	25.3	**2.9	**2.8	*6.0	63.8
	35 to 44	28.0	32.0	**0.0	*5.1	*15.3	59.4
	45 to 54	29.0	20.9	*5.1	**0.0	**3.8	48.1
	55 to 64	16.6	*11.9	**1.1	**0.0	*8.4	31.2
	65 and over	16.6	22.8	**0.0	**0.5	*15.1	47.0
	TOTAL		179.7	169.5	*11.9	34.3	62.9
Persons	15 to 24	89.7	110.5	*7.3	49.2	25.0	176.2
	25 to 34	67.3	77.7	*6.6	**2.8	*10.2	134.7
	35 to 44	51.0	86.7	*6.0	*6.3	25.8	130.7
	45 to 54	42.0	59.6	*8.8	**1.8	*13.6	101.3
	55 to 64	19.5	39.5	**1.9	**0.0	*14.7	62.8
	65 and over	25.7	49.1	**0.0	**0.5	25.6	84.9
	TOTAL		295.2	423.2	30.7	60.6	114.8

Total participation rate (%) (b)

Males	15 to 24	27.6	34.3	*2.9	14.8	*6.7	56.8
	25 to 34	15.3	33.4	**2.3	**0.0	*2.7	45.2
	35 to 44	13.9	33.2	*3.7	**0.7	*6.4	43.3
	45 to 54	*8.4	24.9	**2.4	**1.2	*6.3	34.3
	55 to 64	**2.3	22.1	**0.7	**0.0	*5.0	25.3
	65 and over	*7.6	22.0	**0.0	**0.0	*8.8	31.8
	TOTAL	13.1	28.9	2.1	3.0	5.9	40.3
Females	15 to 24	31.0	37.9	**1.9	17.4	*9.6	58.3
	25 to 34	28.9	16.9	**2.0	**1.8	*4.0	42.6
	35 to 44	17.5	20.1	**0.0	*3.2	*9.6	37.2
	45 to 54	18.9	13.6	3.3	**0.0	**2.5	31.3
	55 to 64	13.7	*9.8	**0.9	**0.0	*6.9	25.6
	65 and over	12.6	17.3	**0.0	**0.4	*11.4	35.6
	TOTAL	20.8	19.6	*1.4	4.0	7.3	38.8
Persons	15 to 24	29.3	36.1	*2.4	16.1	8.1	57.5
	25 to 34	22.0	25.4	*2.1	**0.9	*3.3	44.0
	35 to 44	15.7	26.7	*1.9	*1.9	8.0	40.3
	45 to 54	13.6	19.3	*2.9	**0.6	*4.4	32.8
	55 to 64	7.9	16.0	**0.8	**0.0	*5.9	25.4
	65 and over	10.2	19.6	**0.0	**0.2	10.2	33.8
	TOTAL	16.9	24.3	1.8	3.5	6.6	39.6

(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 2009

(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 113: Western Australian participants — total participation in specific activities (organised and non-organised) by sex, 2009 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	168.4	19.2	289.6	33.5	457.9	26.2
Aquarobics	*4.3	*0.5	19.3	2.2	23.6	1.4
Athletics/track and field	*14.0	*1.6	*5.6	*0.7	19.6	1.1
Australian rules football	63.3	7.2	*5.1	*0.6	68.4	3.9
Badminton	*8.9	*1.0	*5.1	*0.6	*14.0	*0.8
Baseball	**2.9	**0.3	**0.9	**0.1	**3.8	**0.2
Basketball	41.2	4.7	31.3	3.6	72.5	4.2
Billiards/snooker/pool	**0.0	**0.0	**0.5	**0.1	**0.5	**0.0
Boxing	*9.2	*1.0	*6.6	*0.8	15.8	0.9
Canoeing/kayaking	25.5	2.9	*15.3	*1.8	40.7	2.3
Carpet bowls	**1.7	**0.2	**1.9	**0.2	**3.5	**0.2
Cricket (indoor)	*13.0	*1.5	**1.2	**0.1	*14.3	*0.8
Cricket (outdoor)	39.4	4.5	*10.0	*1.2	49.4	2.8
Cycling	163.1	18.6	89.6	10.4	252.7	14.5
Dancing	*4.9	*0.6	27.1	3.1	32.0	1.8
Darts	**0.9	**0.1	**0.0	**0.0	**0.9	**0.0
Fishing	34.9	4.0	*8.1	*0.9	43.0	2.5
Football (indoor)	30.8	3.5	*5.7	*0.7	36.4	2.1
Football (outdoor)	49.2	5.6	21.5	2.5	70.7	4.1
Golf	90.8	10.3	19.0	2.2	109.8	6.3
Gymnastics	**0.0	**0.0	*4.7	*0.5	*4.7	*0.3
Hockey (indoor)	**1.8	**0.2	**0.0	**0.0	**1.8	**0.1
Hockey (outdoor)	15.6	1.8	26.1	3.0	41.7	2.4
Horse riding/equestrian activities/polocrosse	*4.4	*0.5	*12.7	*1.5	17.2	1.0
Ice/snow sports	*5.6	*0.6	**2.4	**0.3	*8.0	*0.5
Lawn bowls	29.3	3.3	*10.5	*1.2	39.9	2.3
Martial arts	18.6	2.1	*8.8	*1.0	27.4	1.6
Motor sports	23.0	2.6	**0.7	**0.1	23.8	1.4
Netball	*6.3	*0.7	66.5	7.7	72.8	4.2
Orienteering	**2.7	**0.3	*6.9	*0.8	*9.6	*0.6
Rock climbing	*6.8	*0.8	**2.9	**0.3	*9.7	*0.6
Roller sports	**2.2	**0.3	*8.4	*1.0	*10.7	*0.6
Rowing	*8.3	*0.9	*5.2	*0.6	*13.5	*0.8
Rugby league	*5.8	*0.7	**0.0	**0.0	*5.8	*0.3
Rugby union	*13.4	*1.5	**1.7	**0.2	*15.1	*0.9
Running	120.4	13.7	77.3	8.9	197.7	11.3
Sailing	*12.8	*1.5	*5.8	*0.7	18.6	1.1
Scuba diving	*10.0	*1.1	**3.2	**0.4	*13.2	*0.8
Shooting sports	*12.7	*1.4	**0.0	**0.0	*12.7	*0.7
Softball	**3.7	**0.4	*4.2	*0.5	*7.9	*0.5
Squash/racquetball	*12.2	*1.4	*8.1	*0.9	20.3	1.2
Surf sports	42.2	4.8	*8.4	*1.0	50.6	2.9
Swimming	132.4	15.1	174.0	20.1	306.4	17.6
Table tennis	*7.1	*0.8	**0.5	**0.1	*7.6	*0.4
Tennis	44.0	5.0	50.6	5.8	94.6	5.4
Tenpin bowling	**3.5	**0.4	*5.5	*0.6	*9.0	*0.5
Touch football	*14.1	*1.6	**2.7	**0.3	16.8	1.0
Triathlon	*4.6	*0.5	**0.8	**0.1	*5.4	*0.3
Volleyball	17.3	2.0	*15.5	*1.8	32.7	1.9
Walking (bush)	33.6	3.8	35.5	4.1	69.1	4.0
Walking (other)	231.7	26.4	417.9	48.3	649.6	37.2
Water polo	**0.9	**0.1	**2.7	**0.3	**3.6	**0.2
Waterskiing/powerboating	*10.8	*1.2	**2.2	**0.3	*13.0	*0.7
Weight training	30.4	3.5	18.7	2.2	49.2	2.8
Yoga	**2.9	**0.3	36.5	4.2	39.4	2.3

(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 2009

(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 114: Western Australian participants — total participation in specific activities by type of activity, 2009 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	136.7	339.2	457.9	7.8	19.4	26.2
Aquarobics	*12.6	*11.0	23.6	*0.7	*0.6	1.4
Athletics/track and field	*13.9	*7.5	19.6	*0.8	*0.4	1.1
Australian rules football	42.9	25.5	68.4	2.5	1.5	3.9
Badminton	*7.7	*6.3	*14.0	*0.4	*0.4	*0.8
Baseball	**2.9	**0.9	**3.8	**0.2	**0.1	**0.2
Basketball	49.9	22.6	72.5	2.9	1.3	4.2
Billiards/snooker/pool	**0.0	**0.5	**0.5	**0.0	**0.0	**0.0
Boxing	*13.1	*4.2	15.8	*0.7	*0.2	0.9
Canoeing/kayaking	*8.8	34.3	40.7	*0.5	2.0	2.3
Carpet bowls	**3.5	**0.0	**3.5	**0.2	**0.0	**0.2
Cricket (indoor)	*5.9	*10.9	*14.3	*0.3	*0.6	*0.8
Cricket (outdoor)	24.1	25.3	49.4	1.4	1.5	2.8
Cycling	34.5	239.4	252.7	2.0	13.7	14.5
Dancing	26.1	*10.9	32.0	1.5	*0.6	1.8
Darts	**0.9	**0.0	**0.9	**0.0	**0.0	**0.0
Fishing	**3.4	41.5	43.0	**0.2	2.4	2.5
Football (indoor)	17.4	20.9	36.4	1.0	1.2	2.1
Football (outdoor)	38.8	36.5	70.7	2.2	2.1	4.1
Golf	64.4	66.4	109.8	3.7	3.8	6.3
Gymnastics	**1.7	**3.0	*4.7	**0.1	**0.2	*0.3
Hockey (indoor)	**1.8	**0.0	**1.8	**0.1	**0.0	**0.1
Hockey (outdoor)	41.7	**0.0	41.7	2.4	**0.0	2.4
Horse riding/equestrian activities/polocrosse	*8.6	*10.3	17.2	*0.5	*0.6	1.0
Ice/snow sports	**2.2	*5.8	*8.0	**0.1	*0.3	*0.5
Lawn bowls	38.5	*6.5	39.9	2.2	*0.4	2.3
Martial arts	21.3	*8.0	27.4	1.2	*0.5	1.6
Motor sports	*12.4	15.5	23.8	*0.7	0.9	1.4
Netball	61.4	21.2	72.8	3.5	1.2	4.2
Orienteering	*7.6	**2.1	*9.6	*0.4	**0.1	*0.6
Rock climbing	**3.3	*7.6	*9.7	**0.2	*0.4	*0.6
Roller sports	**0.0	*10.7	*10.7	**0.0	*0.6	*0.6
Rowing	*10.3	*6.4	*13.5	*0.6	*0.4	*0.8
Rugby league	**2.7	**3.1	*5.8	**0.2	**0.2	*0.3
Rugby union	*11.5	**3.6	*15.1	*0.7	**0.2	*0.9
Running	19.7	192.6	197.7	1.1	11.0	11.3
Sailing	*13.2	*8.6	18.6	*0.8	*0.5	1.1
Scuba diving	**1.9	*11.3	*13.2	**0.1	*0.6	*0.8
Shooting sports	*9.8	*7.2	*12.7	*0.6	*0.4	*0.7
Softball	*7.1	**0.9	*7.9	*0.4	**0.0	*0.5
Squash/racquetball	*6.5	16.5	20.3	*0.4	0.9	1.2
Surf sports	*9.4	44.4	50.6	*0.5	2.5	2.9
Swimming	45.6	277.5	306.4	2.6	15.9	17.6
Table tennis	**2.1	*5.4	*7.6	**0.1	*0.3	*0.4
Tennis	45.7	57.4	94.6	2.6	3.3	5.4
Tenpin bowling	*6.3	**3.3	*9.0	*0.4	**0.2	*0.5
Touch football	*10.8	*6.0	16.8	*0.6	*0.3	1.0
Triathlon	*5.4	**0.0	*5.4	*0.3	**0.0	*0.3
Volleyball	24.3	*11.0	32.7	1.4	*0.6	1.9
Walking (bush)	8.4	64.2	69.1	*0.5	3.7	4.0
Walking (other)	19.1	642.6	649.6	1.1	36.8	37.2
Water polo	**3.6	**0.0	**3.6	**0.2	**0.0	**0.2
Waterskiing/powerboating	**0.0	*13.0	*13.0	**0.0	*0.7	*0.7
Weight training	*12.8	38.5	49.2	*0.7	2.2	2.8
Yoga	23.4	20.1	39.4	1.3	1.2	2.3

(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 2009

(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

11 Explanatory notes

11.1 Introduction

ERASS collects information on participation in physical activity for exercise, recreation or sport by the Australian population. Participation is restricted to active 'playing' participation and does not include non-playing participation such as coaching, refereeing and being a spectator, or activities that are related to work or household chores. Practice and training activities are included.

The survey is conducted quarterly throughout Australia, with the 2009 fieldwork undertaken by Newspoll. Results for 2009 were compiled by aggregating the four quarterly surveys conducted in February, May, August and November.

11.2 Scope

The survey collects information on persons who participated in exercise, recreation or sport in the 12 months prior to interview. The scope of the survey was all persons aged 15 years and over in occupied private dwellings (excludes people in special dwellings such as hospitals, hotels, nursing homes, etc.).

11.3 Methodology

For a more detailed discussion of ERASS methodology, see the *Exercise, Recreation and Sport Survey: methodology report 2009*.

Mode: All interviews were conducted by telephone using Newspoll's Computer-assisted Telephone Interviewing (CATI) system.

Sample design: The sample design was a random survey stratified by state and territory. The sample was selected by the use of random digit dialling and one person was randomly selected per dwelling to complete the interview (based on last birthday method).

Total sample: The total sample of records used to produce estimates for 2009 was 21,031 persons aged 15 years and over. This sample was then weighted (by age, sex and geographic area) to the population in occupied private dwellings (17,194,700) using Australian Bureau of Statistics estimates. The Victorian sample was boosted by 3,636. The Victorian boost sample was funded by Sport and Recreation Victoria and VicHealth. The Queensland sample was boosted by 3,752. The Queensland boost sample was funded by Queensland Sport and Recreation Services.

Overall response rate: The overall response rate was 25.2%. The response rate is the number of completed interviews divided by the number of contacts plus those where there was no answer after four calls.

11.4 Questionnaire

The questionnaire covered three main areas:

- Physical activity for exercise, recreation or sport over the past 12 months — identifying up to ten different types of activities participated in over the past 12 months, and for each type of activity determining whether it was organised by a club or association, the type of club or association and the number of times that activity was engaged in over the past 12 months.

- Physical activity for exercise, recreation or sport over the past two weeks — identifying the frequency and duration of participation in three activities that the respondent participated in during the two weeks prior to interview. The three activities chosen were those they participated in most over the 12 months prior to interview. This section was first added in 2005 and was again collected in 2006, 2007, 2008 and 2009.
- Demographics — covers sex, age, marital status, number and age of children, educational qualifications, employment status, Indigenous status, language spoken at home and postcode.

A copy of the questionnaire can be found in Section 11.

11.5 Comparability of the data

The survey was first conducted in 2001. This publication provides results from the ninth annual survey, which was conducted in 2009. The survey will also be conducted in 2010, which will allow a comparison of participation in physical activity for exercise, recreation or sport over a ten-year period.

ERASS is not comparable with data collected through other surveys of participation in physical activity. In particular, the data cannot be directly compared with participation surveys conducted by the Australian Bureau of Statistics (for example, Population Survey Monitor and Multi Purpose Household Survey) and by Sweeney Sports (Sweeney Research). This is due to differences in the scope, methodology and questionnaire design of the various surveys.

11.6 Weighting the data

The data are weighted at the state (eight states and territories) by region (capital city and rest of state), age (15 to 24, 25 to 34, 35 to 44, 45 to 54, 55 to 64, and 65 and over) and sex level. Population estimates used are Australian Bureau of Statistics population projections based on the 2006 Census for persons in occupied private dwellings.

11.7 Standard errors and relative standard errors

Since the estimates presented in the tables are based on information from a sample of persons selected randomly by telephone number, they are subject to sampling variability; that is, they may differ from those that would have been produced if all persons had been included in the survey.

One measure of the likely difference is given by the standard error, which indicates the extent to which an estimate might have varied by chance because only a sample of persons was included. There are about two chances in three (67%) that a sample estimate will vary by less than one standard error from the number that would have been obtained if all persons had been included, and about 19 chances in 20 (95%) that the difference will be less than two standard errors.

A table of standard errors for ERASS is provided at the end of this section. Note that standard errors vary by state and territory and for Australia in total.

As an example of the use of the standard error table, if it was estimated from ERASS that 100,000 persons aged 15 years and over in Australia participated in any physical activity in 2009, then from the table of standard errors we know that the standard error for an estimate of 100,000 for Australia is 12,800. Therefore we are 67% confident that if we surveyed the entire Australian population the result would be within one standard error; that is, between 87,200 (100,000 – 12,800) and 112,800 (100,000 + 12,800). Similarly, we would be 95% confident that, if we surveyed the entire Australian population, the result would be within two standard errors; that is, between 74,400 (100,000 – [2 x 12,800]) and 125,600 (100,000 + [2 x 12,800]).

Another measure of accuracy is the relative standard error (RSE), which is obtained by expressing the standard error as a percentage of the estimate. In the above example it is 12.8%. The relative standard error is a useful measure in that it provides an indication of the relative accuracy of the estimate, compared to other estimates. In the table at the end of this section, each standard error is also expressed as a relative standard error.

For the tables provided in this publication, only estimates with relative standard errors of less than 25% are considered sufficiently reliable for most purposes. However, estimates with relative standard errors of between 25% and 50% have been included and are followed by a single asterisk (*) to indicate that they should be treated with caution and viewed as being merely indicative of the magnitude involved. Estimates with relative standard errors greater than 50% are followed by a double asterisk (**) and are subject to sampling error too high for most practical purposes.

A table at the end of this section also gives the relative standard error cut-offs to be used when applying, if required, a single or double asterisk to the estimate. Note that the standard errors, and hence the cut-offs, vary by state and territory and for Australia in total. As an example of using these relative standard error cut-offs, for New South Wales an estimate between 11,056 and 41,091 should be followed by a single asterisk and used with caution, and an estimate less than 11,056 should be followed by a double asterisk and considered too unreliable for general use.

Note that the Victorian boost sample increased in size between 2007 and 2009. Relative standard errors were calculated on the basis of 2007 sample sizes. This means that the relative standard errors for Victoria for 2009 are reduced and relative standard error information reported in Victorian tables should be considered conservative. Similarly, relative standard errors for Australia were calculated on the basis of sizes of 2007 samples, which do not take into account the size of the 2009 Victorian and Queensland boost samples. So, relative standard error information reported for Australia-wide tables should be considered conservative. Relative standard errors for Queensland were recalculated in 2009.

11.8 Significance testing

When differences are detected between statistics, it is important to test to determine if those perceived differences are statistically significant or just due to sampling variability. For example, in 2009 in Australia, total participation by males aged 45 to 54 was 1,212,800 (giving a participation rate of 82.3%) and for males aged 55 to 64 it was 932,500 (a participation rate of 76.6%). Are these differences significant?

The standard error on the difference between two estimates (e_1 and e_2) is approximated by the square root of the sum of the square of the standard errors for e_1 and e_2 . Therefore, in the above example, the standard error on the difference between the two estimates of the number of participants ($1,212,800 - 932,500 = 280,300$) is approximated by the square root of the sum of the square of the standard errors for 1,212,800 and 932,500; that is, the square root of $([38,000]^2 + [34,400]^2)$ or 51,258.

Therefore, we can be 95% confident that the difference of 280,300 is statistically significant if it is greater than twice the standard error of the difference, or 102,516 ($2 \times 51,258$). This is true, therefore the differences in the estimates (and therefore the participation rates based on these estimates, namely 82.3% and 76.6%) are statistically significant.

Exercise, Recreation and Sport Survey 2009

Standard errors

Size of estimate	NSW no.	VIC no.	QLD no.	SA no.	WA no.	TAS no.	NT no.	ACT no.	Australia no.
1,000	1,800	1,000	1,377	1,000	1,000	600	400	400	1,400
2,000	2,500	1,400	1,863	1,300	1,400	800	500	500	2,000
5,000	3,800	2,200	2,778	2,000	2,200	1,200	800	800	3,100
10,000	5,300	3,000	3,758	2,840	3,100	1,600	1,200	1,200	4,300
20,000	7,300	4,280	5,085	3,900	4,400	2,200	1,600	1,700	6,000
50,000	11,300	6,700	7,544	6,100	6,900	3,300	2,700	2,800	9,200
100,000	15,600	9,400	10,257	8,500	9,600	4,500	3,700	4,000	12,800
200,000	21,600	13,200	13,876	11,800	13,400	6,200	5,400	5,800	17,800
500,000	33,500	20,500	20,690	18,000	21,000	9,500	na	9,500	27,600
800,000	41,600	25,600	25,395	22,400	26,400	na	na	na	34,400
1,000,000	46,000	29,000	27,990	25,000	29,000	na	na	na	38,000
1,500,000	55,500	36,000	33,402	30,000	36,000	na	na	na	47,000
2,000,000	64,000	40,000	37,866	na	na	na	na	na	54,000
5,000,000	100,000	65,000	na	na	na	na	na	na	85,000
8,000,000	na	na	na	na	na	na	na	na	104,000

* na is not applicable (exceeds relevant population in state or territory)

Relative standard errors

Size of estimate	NSW %	VIC %	QLD %	SA %	WA %	TAS %	NT %	ACT %	Australia %
1,000	177.8	98.9	151.4	95.1	101.9	55.5	35.3	36.5	142.6
2,000	123.3	69.4	105.4	66.1	71.4	38.0	25.2	26.2	99.2
5,000	76.0	43.4	65.3	40.8	44.6	23.0	16.1	16.9	61.4
10,000	52.7	30.5	45.5	28.4	31.3	15.7	11.5	12.1	42.8
20,000	36.6	21.4	31.7	19.7	21.9	10.8	8.2	8.7	29.8
50,000	22.5	13.4	19.6	12.2	13.7	6.5	5.3	5.6	18.4
100,000	15.6	9.4	13.7	8.5	9.6	4.5	3.7	4.0	12.8
200,000	10.8	6.6	9.5	5.9	6.7	3.1	2.7	2.9	8.9
500,000	6.7	4.1	5.9	3.6	4.2	1.9	na	1.9	5.5
800,000	5.2	3.2	4.6	2.8	3.3	na	na	na	4.3
1,000,000	4.6	2.9	4.1	2.5	2.9	na	na	na	3.8
1,500,000	3.7	2.4	3.3	2.0	2.4	na	na	na	3.1
2,000,000	3.2	2.0	2.9	na	na	na	na	na	2.7
5,000,000	2.0	1.3	na	na	na	na	na	na	1.7
8,000,000	na	na	na	na	na	na	na	na	1.3

Relative standard error cut-offs

RSE cut-off	NSW no.	VIC no.	QLD no.	SA no.	WA no.	TAS no.	NT no.	ACT no.	Australia no.
25%*	41,091	14,737	20,603	12,731	15,460	4,292	2,033	2,204	27,901
50%**	11,056	3,796	6,028	3,400	4,003	1,209	490	517	7,414

* 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

12 Exercise, Recreation and Sport Survey questionnaire 2009

The following questions are about physical activities you have participated in during the last 12 months for exercise, recreation or sport. Do not include any activities that were part of work or household and garden chores.

- Q1 During the last 12 months did you participate in any physical activities for exercise, recreation or sport?
- Yes 1 Go to Q2
- No 2 Go to Q7
- Don't know 9 Go to Q7
- Q2 What activities did you participate in?
- Up to maximum of ten activities to be coded*
- For each activity — ask Q3–Q5*
- Q3 Was any of this (activity) organised by a club, association or other type of organisation?
- Yes, all (organised) 1 Go to Q4
- Yes, some (organised) 2 Go to Q4
- No 3 Go to Q5
- Don't know 9 Go to Q5
- Q4 What type of club, association or organisation organised the (activity)?
- (multiple response)**
- Fitness, leisure or indoor sports centre that required payment for participation 1
 - Sport or recreation club or association that required payment of membership, fees or registration 2
 - Work 3
 - School 4
 - Other (specify) 8
- Q4a Can you tell me the name of the club or association and the suburb where it is located?
- Record name of club and suburb separately and verbatim*

Q5	Including any practice or training, approximately how many times did you participate in (activity) during the last 12 months? <i>Record actual number (1-998)</i> <i>Don't know recorded as 999</i> [Ask Q6a and Q6b only for the 'top three sports' based on the frequency of activities reported at Q5]	
Q6a	Now thinking about the activities you have mentioned, during the last two weeks, how many sessions of [activity 1, 2, 3] did you participate in? <i>Record actual number (1-50)</i> <i>Don't know recorded as 99</i>	
Q6b	On average, how long was each session of [activity 1, 2, 3] during the two-week period? <i>Record in hours and minutes</i> <i>Don't know recorded as 99</i>	
Q7	Sex of respondent	
	Male	1
	Female	2
Q8a	What is your current age? <i>(Record age)</i> <i>Refused go to Q8b; Others go to Q9</i>	
Q8b	Which age group do you belong to? (Read out)	
	15 to 17	1
	18 to 19	2
	20 to 24	3
	25 to 29	4
	30 to 34	5
	35 to 39	6
	40 to 44	7
	45 to 49	8
	50 to 54	9
	55 to 59	10
	60 to 64	11
	65 to 69	12
	70 years and over	13
	Refused	99

Q9	Which of the following best describes your current marital status? (Read out)	
	Married	1
	De facto	2
	Separated	3
	Divorced	4
	Widowed	5
	Never married	6
	Refused	7
Q10	Do you have any children under 18 years of age?	
	Yes	1 Go to Q11
	No	2 Go to Q13
Q11	How many of these children are living with you?	
	<i>Record actual number (1-10)</i>	
	<i>If zero, go to Q13.</i>	
	<i>Refused recorded as 99</i>	
Q12	What is the age of each of these children who are under 18 years of age and living with you?	
	<i>Record actual age (1-17)</i>	
	<i>Refused recorded as 99</i>	
Q13	What is the highest educational qualification you have completed?	
	University degree or higher (including postgraduate diploma)	1
	Undergraduate diploma or associate diploma	2
	Certificate, trade qualification or apprenticeship	3
	Highest level of secondary school	4
	Did not complete highest level of school	5
	Never went to school	6
	Still at secondary school	7
	Other (specify)	8
	Refused	9

Q14	Do you have a full-time or part-time job of any kind?		
	Yes	1	Go to Q15
	No.....	2	Go to Q17
	Retired (volunteered response).....	3	Go to Q17
Q15	Do you have more than one job?		
	Yes	1	
	No.....	2	
Q16	How many hours a week do you usually work (in all jobs)?		
	<i>Record actual hours (0 to 98)</i>		
	<i>Refused/Don't know recorded as 99</i>		
	Go to Q18		
Q17	Did you look for work at any time in the last four weeks?		
	Yes	1	
	No.....	2	
Q18	Are you of Aboriginal or Torres Strait Islander origin?		
	Yes	1	
	No.....	2	
	Refused	3	
Q19	Do you speak a language other than English at home?		
	Yes	1	Go to Q20
	No.....	2	Go to Q21
	Refused	3	Go to Q21

Q20 What languages other than English do you speak at home?

(multiple response)

Italian.....	2
Greek.....	3
Cantonese.....	4
Mandarin.....	5
Arabic.....	6
Vietnamese.....	7
German.....	8
Spanish.....	9
Tagalog (Filipino).....	10
Hindi.....	11
Macedonian.....	12
Croatian.....	13
Korean.....	14
Turkish.....	15
Polish.....	16
Other (specify).....	98

Q21 What is the postcode of the suburb/area where you live?

Record postcode

Record refused as 'refused'

Questionnaire attachment — list of activities

1	Calisthenics	43	Football — rugby union
2	Chinese exercise	44	Football — soccer (indoor)
3	Exercise bike	45	Football — fluffy ball
4	Gymnasium workouts	46	Football — futsal
5	Military exercise	47	Football — soccer (outdoor)
6	Prime movers=>50s	48	Football — touch
7	Step Reebok	49	Football — Austag
8	Aerobics/exercising/other	50	Golf
10	Ballooning	51	Gymnastics
11	Gliding	52	Trampolining
12	Gyroplane flying	53	Hockey (indoor)
13	Hang gliding	54	Hockey (outdoor)
14	Model aeroplane flying	55	Horsriding/equestrian activities
15	Ultralight flying	56	Blade-skating
16	Air sports — other	57	Ice hockey
17	Archery	58	Ice skating
18	Bow hunting	59	Snow skiing
19	Athletics — track and field	60	Ice/snow sports — other
20	Badminton	61	Lacrosse (outdoor)
21	Baseball	62	Lawn bowls
22	Basketball (indoor and outdoor)	63	Chi kung
23	Billiards	64	Eastern — judo
24	Pool	65	Judo
25	Snooker	66	Karate
26	Bocce/French bowls (outdoor)	67	Kickboxing
27	Boxing	68	Taekwondo
28	Canoeing	69	Tai Chi
29	Kayaking	70	Yoga
30	Carpet bowls	71	Martial arts — other
31	Cricket (indoor)	72	Motor sports — go-karting
32	Cricket (outdoor) — Vigoro	73	Motor sports — track
33	Croquet	74	Motor sports — trail bike
34	Cycling	75	Motor sports — other
35	BMX	76	Netball (indoor)
36	Mountain bike	77	Netball (outdoor)
37	Darts	78	Cross-country running
38	Football — Australian rules	79	Orienteering
39	Football — gridiron (US)	80	Rogaining
40	Football — rugby league	81	Rodeo
41	Football — sevens	82	Inline hockey
42	Football — modball	83	Rollerblading

84	Skateboarding	128	Water polo
85	Roller sports — other	129	Dog racing
86	Rowing	130	Walking — bush
87	Jogging	131	Walking — other (specify)
88	Running (for example, marathon)	133	Abseiling
89	Sailing (outrigging)	134	Caving
90	Hunting	135	Rock climbing
91	Paintball shooting	136	Handball
92	Pistol shooting	137	Fencing
93	Shooting sports — other	138	Gorilla ball
94	Softball	139	Racquet ball
95	Squash	140	Ultimate frisbee
96	Surf lifesaving/Royal lifesaving	141	Gaelic football
97	Sailboarding	142	Horseracing (strapping)
98	Windsurfing	143	Teeball (T-ball)
99	Surfing	144	Boomerang throwing
100	Surf sports — other	145	Water volleyball
101	Diving (board)	146	Woodchopping
102	Swimming	147	Dog shows
103	Table tennis	148	Sheepdog trials
104	Tennis (outdoor)	149	Winter Olympics
105	Tenpin bowling	150	Marching
106	Triathlons	151	Aquarobics
107	Volleyball (indoor) — rebound	152	Korfball
108	Newcombe ball	153	Underwater hockey
109	Volleyball (outdoor)	154	Softcrosse
110	Jet skiing	155	Commonwealth Games
111	Powerboating	156	Royal tennis
112	Waterskiing	157	Broom ball
113	Wrestling	158	Polocrosse
114	Tennis (indoor)	159	Leader ball
115	Lacrosse (indoor)	160	Pigeon racing
116	Canoe polo	161	Weight-lifting (competition)
117	Bodybuilding	162	Play
118	Circuits	163	Putt-putt golf
119	Power team	164	Grockey
120	Weight training for fitness — other	165	Other activities (specify 1)
121	Ballet	166	Other activities (specify 2)
122	Boot scooting	167	Treadmill
123	Dancing — other	168	Volleyball — beach
124	Fishing	169	Snowboarding
125	Electric light cricket	170	Skeleton
126	Wheelchair ice hockey		
127	Scuba diving		

13 Contacts

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