



Australian Government
 Australian Sports Commission

Participation in Exercise, Recreation and Sport



Annual Report 2009

State and Territory Tables for Australian Capital Territory



Communities
 Sport & Recreation



Government of Western Australia
 Department of Sport and Recreation



Government of South Australia
 Office for Recreation and Sport



Queensland
 Government

SUPPORTED BY



Tasmania
 Explore the possibilities

9.3 2009 state/territory tables

9.3.1 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 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	*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	136.3
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	140.1
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	276.3
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	100.0
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	100.0
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	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 30: Australian Capital Territory participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a)

		Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
Sex	Age group (years)	Number ('000)				
Males	15 to 24	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
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
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
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