



Australian Government

Australian Sports Commission

Department of Communications,  
Information Technology and the Arts

# PARTICIPATION IN EXERCISE RECREATION AND SPORT



# ANNUAL REPORT 2004



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# 1 Introduction

The Exercise, Recreation and Sport Survey (ERASS) is a joint initiative of the Australian Sports Commission and state and territory departments of sport and recreation, and was first conducted in 2001. This publication presents results from the fourth annual ERASS collection, which was conducted in 2004.

ERASS collects information on the frequency, nature and type of activities of persons aged 15 years and over for exercise, recreation and sport during the 12 months prior to interview. Participation means active 'playing' participation and does not include coaching, refereeing and spectating or activities related to work or household chores.

The total participation rate in physical activity for exercise, recreation and sport reported does not reflect the number of persons who are physically active on a regular basis; it refers to the number of persons who have undertaken exercise, recreation and sport during the previous 12 months. The frequency data provide an indication of the number of persons who are regularly active.

The survey is conducted quarterly throughout Australia. In 2004, ACNielsen completed the fieldwork and supplied the data tables provided in this report. The report was then prepared by the Australian Sports Commission in consultation with the states and territories.

This publication presents information regarding the:

- level and frequency of participation in organised and non-organised physical activity for exercise, recreation and sport
- type of participation in physical activity for exercise, recreation and 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.

The survey will be conducted again in 2005 and 2006, furthering the time series and ensuring the ongoing monitoring of participation trends.

## 2 Main findings

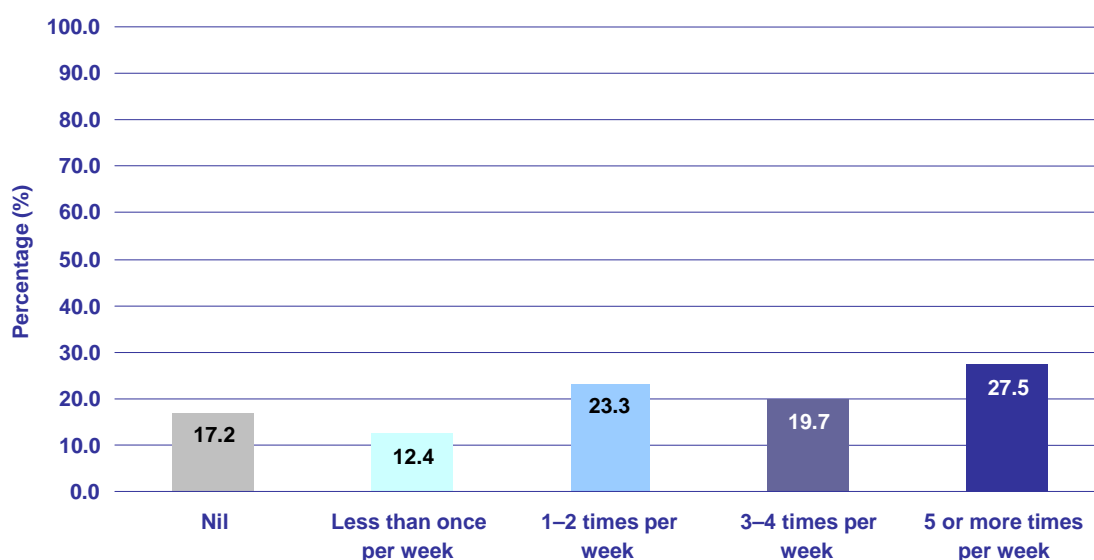
### 2.1 Overall participation

#### Overview

During the 12 months prior to interview in 2004, an estimated 13.1 million persons aged 15 years and over participated in at least one physical activity for exercise, recreation and sport, a participation rate of 82.8% (Table 1). Household or garden chores, or activities that were part of work were not included.

However, the participation rate drops markedly when frequency of involvement is considered. An estimated 4.3 million persons aged 15 years and over exercised five or more times per week (27.5%) (Figure 1). A total of 2.7 million persons did not participate in any physical activity for exercise, recreation and sport in the 12 months prior to interview (Table 3). A total of 11.1 million persons (70.5%) participated at least once per week (Table 4).

**Figure 1: Weekly frequency of participation**



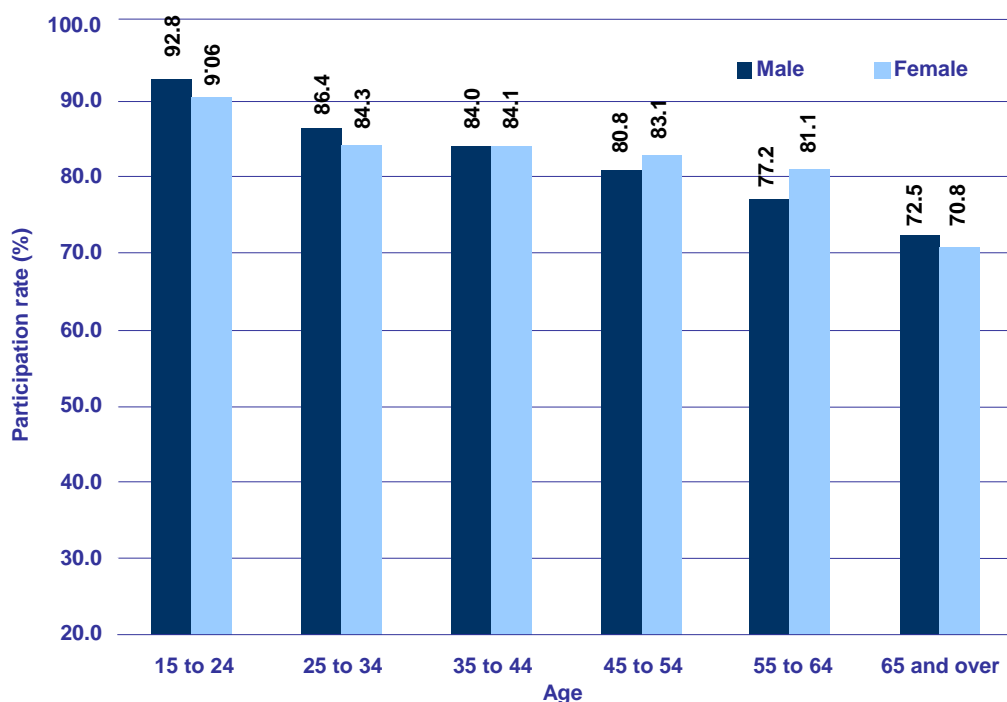
Base: All persons aged 15 years and over (n=13,662)

#### Age and sex

The overall participation rate for males and females was similar (83.0% and 82.6%, respectively) (Table 1).

People aged 15 to 24 had the highest participation rate (91.7%), declining to 71.6% for those aged 65 years and over (Figure 2 and Table 1).

**Figure 2: Participation rates by age and sex**



Base: All persons aged 15 years and over (n=13,662)

## States and territories

Across Australia and within all states and territories, participation in exercise, recreation and sport has remained stable from 2003 to 2004 (Table 24).

## Labour force status

Those not in the labour force, including students and retired persons, had a significantly lower participation rate (76.0%) than those employed (86.1%) and unemployed (83.1%) (Table 1). It is important to consider, however, that almost half (42.7%) of those not in the labour force are aged 65 years and over, which may affect participation rates.

## Education

Participation rates increased with level of educational attainment, from 73.3% for those that did not complete secondary school to 91.3% for those with a university degree. The highest participation rate was for those persons still at secondary school (95.7%) and the lowest participation rate was for those persons who never attended school (56.9%)<sup>1</sup> (Table 1).

<sup>1</sup> This estimate has a relative standard error of between 25% and 50% and should be used with caution. See 'Standard errors and relative standard errors' on page 50 for more information.

## Type of activity

The activity with the highest participation rate was walking (39.0%). An estimated 6.2 million persons aged 15 years and over walked at least once for exercise, recreation and sport in the 12 months prior to interview. This does not include bushwalking (the participation rate for this was 5.2%), which ERASS reports as a separate activity. Other sports and physical activities that attracted high participation rates were aerobics/fitness (17.1%), swimming (16.5%), cycling (10.5%) and tennis (8.4%) (Box 1, Table 8 and Table 9).

**Box 1: Top ten activities by number of participants 2001, 2003 and 2004**

	2001		2003			2004		
	Rank	Number of participants ('000)	Rank	Number of participants ('000)	% change 2001-03	Rank	Number of participants ('000)	% change 2001-04
Walking	1	4,353.7	1	5,900.6	35.5	1	6,168.1	41.7
Aerobics/fitness	3	1,961.0	2	2,487.2	26.8	2	2,698.2	37.6
Swimming	2	2,415.5	3	2,384.5	-1.3	3	2,605.7	7.9
Cycling	4	1,438.3	4	1,470.1	2.2	4	1,658.4	15.3
Tennis	5	1,381.8	5	1,407.0	1.8	5	1,323.2	-4.2
Running	7	1,084.3	7	1,181.5	9.0	6	1,312.0	21.0
Golf	6	1,240.2	6	1,282.0	3.4	7	1,250.6	0.8
Bushwalking	8	794.9	8	902.2	13.5	8	818.0	2.9
Soccer (outdoor)	10	551.3	9	668.5	21.3	9	659.2	19.6
Netball	9	612.4	10	613.3	0.1	10	564.3	-7.9

Base: All persons aged 15 years and over (2001 n=13,424; 2003 n=13,703; 2004 n=13,662)

Walking had the highest participation rate for both males and females (Table 9), and across all age groups with the exception of the 15 to 24 year age group (Table 10).

For males, activities with the highest participation rates were walking (26.6%), swimming (14.7%), cycling (14.0%), golf (13.1%) and aerobics/fitness (12.8%).

For females, activities with the highest participation rates were walking (51.3%), aerobics/fitness (21.3%), swimming (18.3%), tennis (8.0%) and cycling (7.1%).

In the youngest age group, 15 to 24 year olds, the activities that attracted the most participants were aerobics/fitness (22.8%), walking (17.9%) and swimming (17.8%). For the oldest age group, 65 years and over, walking (47.6%), aerobics/fitness (12.1%) and golf (8.6%) attracted the most participants.

The activity that participants most frequently participate in is walking, where half of all persons who participated in walking did so 156 times or more a year — equating to 3.0 times per week. Other activities<sup>2</sup> participated in frequently were aerobics/fitness, boxing, rowing and weight training (2.0 times per week) and running (1.9 times per week) (Table 8).

Participants took part in an average (mean) of 2.2 different sports or activities in the 12 months prior to interview. This ranged from 2.6 different activities for the 15 to 24 year age group to 1.6 different activities for those aged 65 years and over. Males participated in an average of 2.3 different activities compared to an average of 2.1 different activities for female participants (Table 7).

<sup>2</sup> Activities included in this analysis refer only to those activities that were participated in by 50,000 or more persons in 2004.

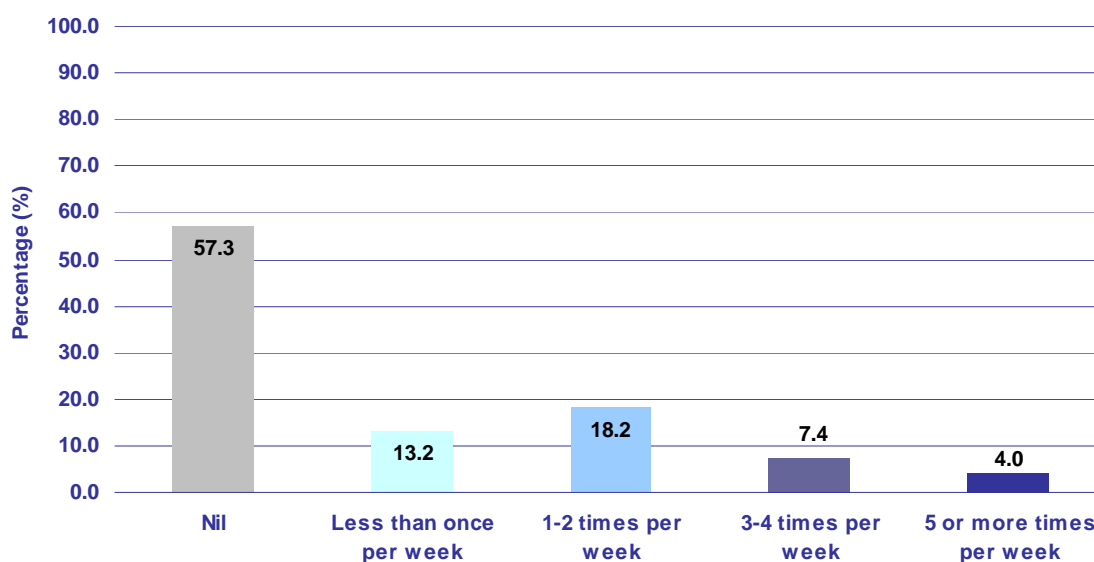
## 2.2 Organised participation

### Overview

During the 12 months prior to interview in 2004, an estimated 6.8 million persons aged 15 years and over participated in at least one activity that was organised by a club, association, fitness centre or other type of organisation. This represents a participation rate of 42.7% (Table 5). It also represents over half (51.6%) of the 13.1 million persons who participated in a physical activity for exercise, recreation and sport.

In terms of frequency, 9 million persons (57.3%) did not participate in organised physical activities during 2004, while 2.1 million (13.2%) participated less than once a week, 2.9 million (18.2%) participated once or twice a week, 1.2 million (7.4%) participated three or four times and 625,300 (4.0%) participated five times or more (Figure 3 and Table 3).

Figure 3: Weekly frequency of participation — organised activities



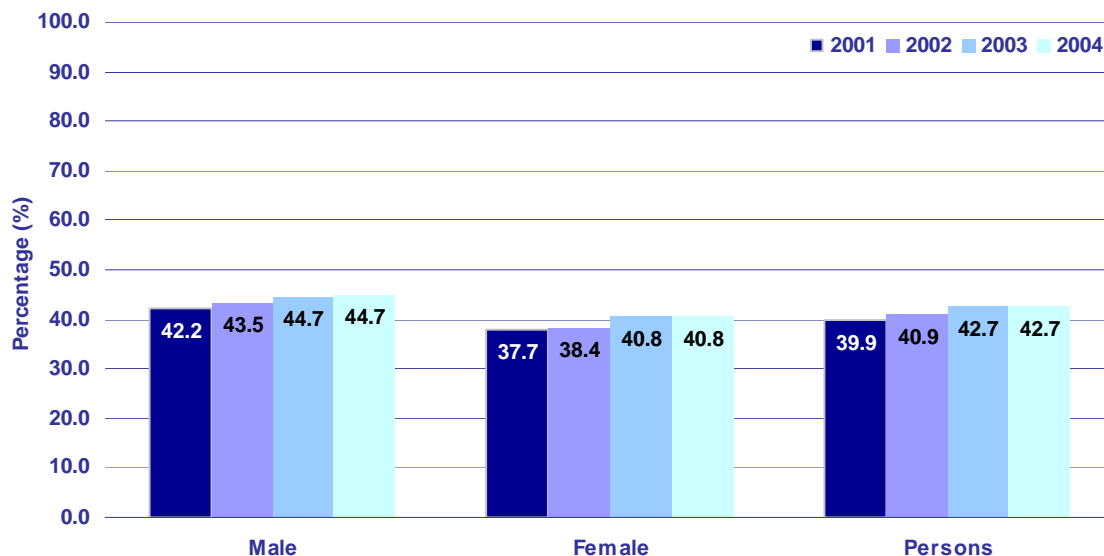
Base: All persons aged 15 years and over (n=13,662)

### Age and sex

Of the 6.8 million persons who participated in organised physical activity for exercise, recreation and sport, participation was higher for males (44.7%) than for females (40.8%) (Figure 4 and Table 14).

Organised participation rates were highest in the 15 to 24 year age group (66.1%), and declined steadily with age to 30.7% for persons aged 65 years and over.

**Figure 4: Organised activity participation rates by sex and year**



Base: All persons aged 15 years and over (2001 n=13,424; 2002 n=13,632; 2003 n=13,703; 2004 n=13,662)

## States and territories

Across Australia, the participation rate for organised sport and physical activities remained stable from 2003 to 2004 in all states and territories (Table 25).

## Type of activity

The organised activity with the highest participation rate was aerobics/fitness (8.8%). An estimated 1.4 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 sports and physical activities that had high numbers of people participating in an organised environment were golf (4.3%), tennis (3.8%), netball (3.2%), soccer — outdoor (2.8%) and swimming (2.8%) (Box 2 and Table 13).

Participants in organised physical activities for exercise, recreation and sport engaged in an average (mean) of 1.5 different organised activities in the 12 months prior to interview (Table 12).



**Box 2: Top ten organised activities by number of participants 2001, 2003 and 2004**

	2001		2003			2004		
	Rank	Number of participants ('000)	Rank	Number of participants ('000)	% change	Rank	Number of participants ('000)	% change
					2001—03			2001—04
Aerobics/fitness	1	982.9	1	1,309.1	33.2	1	1,393.3	41.8
Golf	2	655.1	2	728.7	11.2	2	678.8	3.6
Tennis	3	548.6	3	588.9	7.3	3	597.8	9.0
Netball	4	533.2	4	545.6	2.3	4	509.9	—4.4
Soccer (outdoor)	5	381.9	5	429.0	12.3	5	447.5	17.2
Swimming	8	334.0	6	435.6	30.4	6	442.8	32.6
Yoga	15	153.1	7	321.5	110.0	7	380.5	148.5
Cricket (outdoor)	10	279.6	8	332.4	18.9	8	346.3	23.9
Lawn bowls	9	280.3	9	353.9	26.3	9	343.4	22.5
Australian football	11	272.5	10	319.1	17.1	10	342.1	25.5

Base: All persons aged 15 years and over (2001 n=13,424; 2003 n=13,703; 2004 n=13,662)

## Organisation of the activity

An estimated 4.7 million persons participated in activities that were organised by a 'sport or recreation club or association'. An estimated 2.7 million persons participated in activities that were organised by a 'fitness, leisure or indoor sports centre' (Table 15).

## 2.3 Organised versus non-organised participation

Activities that were commonly participated in where participation is most often organised by a club, association, fitness centre or other organisation include softball (97% of softball participants engaged at least once in organised softball), lawn bowls (95%), rugby union (92%), outdoor hockey (91%), netball and triathlon (90%) (Table 13).<sup>3</sup>

Activities least likely to be organised include walking (only 2% of walking participants engaged in organised walking), waterskiing/power boating and fishing (4%), cycling (8%), roller sports and surf sports (9%).

<sup>3</sup> Activities 'commonly participated in' refer to all those activities that were participated in by 50,000 or more persons in 2004.

## 3 Comparisons over time

### 3.1 Overall participation

Across Australia and within all states and territories, participation in exercise, recreation and sport remained stable from 2003 to 2004. Participation for males and females and across all age groups also remained stable, as did the frequency of participation.

While participation rates and frequency of participation have remained stable from 2003 to 2004, the number of persons participating in at least one activity has increased by 1.3 million since 2001 when ERASS data were first collected (Table 24).

Perhaps more importantly, the number of persons participating in exercise, recreation and sport at least three times a week has increased by 1.8 million since 2001. This represents an increase from 37.2% of the population in 2001 to 47.2% in 2004 (26.9% increase).

The physical activities that comprise the 'top ten' activities participated in by the population at least once for exercise, recreation and sport have remained unchanged from 2001 to 2004 (see Box 1 on page 5). Walking has enjoyed the largest increase since 2001, with the number participating in walking at least once during the 12 months prior to interview rising from 4.4 million persons in 2001 to 6.2 million in 2004 (41.7% increase). Other activities in the 'top ten' to experience significant increases since 2001 include aerobics/fitness (37.6% increase), running (21.0% increase), and cycling (15.3% increase).

### 3.2 Organised participation

As for overall participation, across Australia and in all states and territories, participation at least once in exercise, recreation and sport that is organised has remained stable from 2003 to 2004. Organised participation for males and females and across all age groups also remained stable, as did the frequency of organised participation from 2003 to 2004.

However, as for overall participation, participation in organised activities and frequency of that participation also increased from 2001 to 2004. During this period, participation increased by 721,600 persons. In addition, the number of persons participating in organised activities at least three times a week increased by 374,500. This represents an increase from 9.4% of the population in 2001 to 11.3% of the population in 2004 (20.8% increase).

The composition of the 'top ten' organised activities participated in by the Australian population at least once for exercise, recreation and sport has changed slightly from 2001 to 2004 (see Box 2 on page 8). In 2003, touch football was replaced by yoga in the 'top ten' organised activities. Of the current 'top ten' organised activities, yoga has experienced the largest increase (up from 153,100 participants in 2001 to 380,500 participants in 2004, representing a 148.5% increase since 2001).

After sitting just outside of the 'top ten' since 2001, Australian football has edged into tenth place with 342,100 participants in 2004 (increasing from 272,500 participants in 2001, which represents a 25.5% increase). Basketball has left the 'top ten' for the first time since 2001 (with a 6.4% decrease from 2001).

**Table 1: Characteristics of participants — physical activities for exercise, recreation and sport, 2004<sup>a</sup>**

	MALES		FEMALES		PERSONS	
	Participation		Participation		Participation	
	Number (‘000)	rate (%)	Number (‘000)	rate (%)	Number (‘000)	rate (%)
<b>Age group (years)</b>						
15 to 24	1,310.4	92.8	1,244.7	90.6	2,555.1	91.7
25 to 34	1,294.1	86.4	1,254.6	84.3	2,548.8	85.4
35 to 44	1,239.8	84.0	1,247.6	84.1	2,487.4	84.0
45 to 54	1,105.9	80.8	1,144.4	83.1	2,250.3	81.9
55 to 64	797.4	77.2	809.7	81.1	1,607.2	79.1
65 and over	766.0	72.5	876.6	70.8	1,642.6	71.6
<b>Region</b>						
Capital city	4,295.8	85.4	4,287.6	83.3	8,583.4	84.4
Rest of state	2,217.9	78.8	2,289.9	81.4	4,507.9	80.1
<b>Employment status</b>						
Employed full time	3,952.9	84.9	2,049.1	85.5	6,002.0	85.1
Employed part time	855.0	88.3	1,982.9	88.2	2,837.9	88.2
<i>Total employed</i>	<i>4,807.9</i>	<i>85.5</i>	<i>4,032.0</i>	<i>86.8</i>	<i>8,839.9</i>	<i>86.1</i>
Unemployed	265.6	78.9	298.0	87.3	563.6	83.1
Not in the labour force	1,440.2	76.5	2,247.6	75.6	3,687.8	76.0
<b>Marital status</b>						
Married	3,589.1	82.5	3,705.9	82.4	7,295.0	82.4
Not married	2,912.7	83.9	2,823.8	83.3	5,736.5	83.6
Refused/do not know	*11.8	*62.8	47.9	69.6	59.7	68.1
<b>Children aged under 18 years in the household</b>						
At least one under 18 at home	1,795.7	84.6	2,167.5	81.4	3,963.2	82.8
At least one under 18 — none at home	213.0	82.5	13.2	97.4	226.1	83.2
No children under 18	4,505.1	82.5	4,396.9	83.2	8,902.0	82.8
<b>Highest educational attainment</b>						
University degree or higher (including postgraduate diploma)	1,774.6	91.7	1,741.3	91.0	3,515.9	91.3
Undergraduate diploma or associate diploma	482.6	88.0	498.2	85.8	980.8	86.9
Certificate, trade qualification or apprenticeship	916.6	84.3	611.1	84.1	1,527.7	84.2
Highest level of secondary school	1,512.5	80.8	1,645.1	80.9	3,157.6	80.9
Did not complete highest level of school	1,282.9	71.6	1,628.6	74.8	2,911.5	73.3
Never went to school	*12.6	*62.1	*11.3	*52.1	*23.9	*56.9
Still at secondary school	448.3	96.5	350.7	94.8	799.1	95.7
Other	53.4	72.8	62.2	71.0	115.6	71.8
Refused	30.2	62.5	29.1	59.7	59.3	61.1
<b>Total</b>	<b>6,513.7</b>	<b>83.0</b>	<b>6,577.6</b>	<b>82.6</b>	<b>13,091.3</b>	<b>82.8</b>

a Relates to persons aged 15 years and over who participated in physical activities for exercise, recreation and sport over a 12-month period prior to interview in 2004

\* 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 2: All participants: physical activities for exercise, recreation and sport — state and territories, by age and sex, 2004<sup>a</sup>**

Sex	Age group (years)	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
		Number ('000)								
Males	15 to 24	22.8	428.7	13.1	251.4	98.3	30.1	335.4	130.6	1,310.4
	25 to 34	23.6	415.2	15.1	249.4	86.9	25.0	343.6	135.4	1,294.1
	35 to 44	20.6	421.8	14.6	224.6	89.1	26.8	308.7	133.5	1,239.8
	45 to 54	19.6	379.1	9.7	198.0	75.9	27.0	281.4	115.2	1,105.9
	55 to 64	13.1	262.8	6.5	157.4	59.2	19.4	194.1	84.9	797.4
	65 and over	10.7	248.7	2.1	137.2	63.2	18.8	214.9	70.3	766.0
	<i>Total</i>		<i>110.5</i>	<i>2,156.3</i>	<i>61.1</i>	<i>1,217.9</i>	<i>472.6</i>	<i>147.3</i>	<i>1,678.2</i>	<i>669.9</i>
Females	15 to 24	21.0	420.5	11.1	241.7	91.0	29.3	309.3	120.8	1,244.7
	25 to 34	23.1	407.5	14.0	240.0	83.0	25.4	334.4	127.3	1,254.6
	35 to 44	21.9	413.2	12.4	234.2	93.8	27.5	319.8	124.8	1,247.6
	45 to 54	21.2	375.9	9.3	213.6	86.2	29.1	294.9	114.1	1,144.4
	55 to 64	13.4	256.7	4.9	167.0	66.9	21.9	200.6	78.3	809.7
	65 and over	11.3	286.9	2.8	146.5	76.8	23.5	241.0	87.7	876.6
	<i>Total</i>		<i>112.0</i>	<i>2,160.7</i>	<i>54.4</i>	<i>1,243.0</i>	<i>497.7</i>	<i>156.8</i>	<i>1,700.1</i>	<i>652.9</i>
Persons	15 to 24	43.8	849.3	24.2	493.0	189.3	59.4	644.7	251.3	2,555.1
	25 to 34	46.7	822.6	29.0	489.4	169.8	50.5	678.1	262.7	2,548.8
	35 to 44	42.6	835.0	27.0	458.8	182.9	54.4	628.5	258.2	2,487.4
	45 to 54	40.8	755.0	19.0	411.6	162.0	56.1	576.4	229.3	2,250.3
	55 to 64	26.5	519.5	11.4	324.3	126.1	41.3	394.8	163.2	1,607.2
	65 and over	22.0	535.6	4.9	283.7	140.0	42.3	455.9	158.1	1,642.6
	<b>Total</b>		<b>222.5</b>	<b>4,317.0</b>	<b>115.5</b>	<b>2,461.0</b>	<b>970.3</b>	<b>304.0</b>	<b>3,378.3</b>	<b>1,322.9</b>
Participation rate (%)										
Males	15 to 24	93.1	92.4	95.2	92.0	95.8	94.6	93.8	90.2	92.8
	25 to 34	88.7	83.3	85.6	88.5	83.3	86.8	87.7	91.6	86.4
	35 to 44	89.0	85.1	87.4	79.0	81.1	82.6	84.3	89.8	84.0
	45 to 54	89.3	84.0	74.0	74.3	71.5	79.4	84.6	80.9	80.8
	55 to 64	83.2	76.6	78.8	76.3	72.4	71.9	77.7	84.3	77.2
	65 and over	84.4	68.7	53.6	70.5	68.0	67.7	80.1	74.4	72.5
	<i>Total</i>	<i>88.6</i>	<i>82.5</i>	<i>83.2</i>	<i>80.9</i>	<i>79.1</i>	<i>80.9</i>	<i>85.3</i>	<i>86.0</i>	<i>83.0</i>
Females	15 to 24	87.7	93.5	82.5	90.5	91.7	94.3	89.2	84.7	90.6
	25 to 34	90.9	81.5	84.7	83.1	83.0	82.9	87.9	87.3	84.3
	35 to 44	90.0	84.3	84.2	80.8	84.2	79.9	86.2	84.7	84.1
	45 to 54	89.2	83.5	78.5	80.0	79.4	83.2	86.8	80.6	83.1
	55 to 64	86.9	77.6	82.1	84.7	81.2	81.7	81.4	83.4	81.1
	65 and over	77.1	66.8	75.6	67.8	68.7	70.2	75.6	80.3	70.8
	<i>Total</i>	<i>87.8</i>	<i>81.5</i>	<i>82.3</i>	<i>81.5</i>	<i>81.1</i>	<i>81.9</i>	<i>84.9</i>	<i>83.7</i>	<i>82.6</i>
Persons	15 to 24	90.4	92.9	88.9	91.3	93.8	94.5	91.5	87.5	91.7
	25 to 34	89.8	82.4	85.1	85.8	83.1	84.8	87.8	89.4	85.4
	35 to 44	89.5	84.7	85.9	79.9	82.7	81.2	85.3	87.3	84.0
	45 to 54	89.3	83.7	76.1	77.2	75.5	81.3	85.7	80.7	81.9
	55 to 64	85.0	77.1	80.2	80.4	76.8	76.8	79.5	83.9	79.1
	65 and over	80.5	67.7	64.2	69.1	68.4	69.1	77.6	77.6	71.6
	<b>Total</b>	<b>88.2</b>	<b>82.0</b>	<b>82.8</b>	<b>81.2</b>	<b>80.1</b>	<b>81.4</b>	<b>85.1</b>	<b>84.8</b>	<b>82.8</b>

a Relates to persons aged 15 years and over who participated in physical activities for exercise, recreation and sport over a 12-month period prior to interview in 2004

**Table 3: All persons aged 15 years and over — frequency of participation, 2004**

Sex	Age group (years)	None '000	Zero–once per week <sup>a</sup> '000	Once or twice per week <sup>b</sup> '000	Three or four times per week <sup>c</sup> '000	Five or more times per week '000	Total '000
Males	15 to 24	101.6	207.9	380.0	314.2	408.2	1412.0
	25 to 34	203.1	238.2	394.9	322.8	338.2	1497.2
	35 to 44	237.0	248.6	405.7	251.1	334.3	1476.8
	45 to 54	262.2	226.5	311.4	249.9	318.1	1368.1
	55 to 64	235.5	135.1	216.9	160.0	285.5	1032.9
	65 and over	290.8	96.2	205.6	159.6	304.6	1056.8
	<i>Total</i>	<i>1330.1</i>	<i>1152.5</i>	<i>1914.5</i>	<i>1457.7</i>	<i>1989.0</i>	<i>7843.8</i>
Females	15 to 24	129.4	180.4	355.7	313.7	394.8	1374.1
	25 to 34	232.9	167.0	373.3	301.9	412.4	1487.5
	35 to 44	235.8	175.8	336.7	327.1	408.1	1483.4
	45 to 54	233.5	120.2	265.1	341.8	417.3	1377.8
	55 to 64	189.0	79.8	201.6	177.7	350.6	998.7
	65 and over	360.9	78.4	231.1	197.6	369.5	1237.4
	<i>Total</i>	<i>1381.4</i>	<i>801.6</i>	<i>1763.6</i>	<i>1659.8</i>	<i>2352.6</i>	<i>7959.0</i>
Persons	15 to 24	231.0	388.3	735.8	628.0	803.0	2786.1
	25 to 34	436.0	405.2	768.3	624.7	750.6	2984.7
	35 to 44	472.7	424.3	742.4	578.2	742.4	2960.1
	45 to 54	495.7	346.7	576.5	591.6	735.4	2745.9
	55 to 64	424.5	214.9	418.5	337.7	636.1	2031.6
	65 and over	651.7	174.6	436.7	357.2	674.1	2294.3
	<b>Total</b>	<b>2711.5</b>	<b>1954.1</b>	<b>3678.1</b>	<b>3117.5</b>	<b>4341.6</b>	<b>15802.8</b>

Proportion of each demographic group within each category (row percentages)

Males	15 to 24	7.2	14.7	26.9	22.3	28.9	100.0
	25 to 34	13.6	15.9	26.4	21.6	22.6	100.0
	35 to 44	16.0	16.8	27.5	17.0	22.6	100.0
	45 to 54	19.2	16.6	22.8	18.3	23.3	100.0
	55 to 64	22.8	13.1	21.0	15.5	27.6	100.0
	65 and over	27.5	9.1	19.5	15.1	28.8	100.0
	<i>Total</i>	<i>17.0</i>	<i>14.7</i>	<i>24.4</i>	<i>18.6</i>	<i>25.4</i>	<i>100.0</i>
Females	15 to 24	9.4	13.1	25.9	22.8	28.7	100.0
	25 to 34	15.7	11.2	25.1	20.3	27.7	100.0
	35 to 44	15.9	11.8	22.7	22.0	27.5	100.0
	45 to 54	16.9	8.7	19.2	24.8	30.3	100.0
	55 to 64	18.9	8.0	20.2	17.8	35.1	100.0
	65 and over	29.2	6.3	18.7	16.0	29.9	100.0
	<i>Total</i>	<i>17.4</i>	<i>10.1</i>	<i>22.2</i>	<i>20.9</i>	<i>29.6</i>	<i>100.0</i>
Persons	15 to 24	8.3	13.9	26.4	22.5	28.8	100.0
	25 to 34	14.6	13.6	25.7	20.9	25.1	100.0
	35 to 44	16.0	14.3	25.1	19.5	25.1	100.0
	45 to 54	18.1	12.6	21.0	21.5	26.8	100.0
	55 to 64	20.9	10.6	20.6	16.6	31.3	100.0

65 and over	28.4	7.6	19.0	15.6	29.4	100.0
<b>Total</b>	<b>17.2</b>	<b>12.4</b>	<b>23.3</b>	<b>19.7</b>	<b>27.5</b>	<b>100.0</b>

- a More than zero and less than once per week.
- b Once or more and less than 3 times per week
- c Three or more times and less than five times per week

**Table 3 continued: All persons aged 15 years and over — frequency of participation in organised activities, 2004**

Sex	Age group (years)	None '000	Zero—once per week <sup>a</sup> '000	Once or twice per week <sup>b</sup> '000	Three or four	Five or more times per week '000	Total '000
					times per week <sup>c</sup> '000		
Males	15 to 24	441.1	246.0	365.3	211.6	147.9	1412.0
	25 to 34	764.4	253.8	290.8	123.0	65.3	1497.2
	35 to 44	818.3	286.2	257.4	71.6	43.3	1476.8
	45 to 54	910.7	168.5	207.9	54.9	*26.1	1368.1
	55 to 64	683.3	123.3	152.0	55.4	*19.0	1032.9
	65 and over	717.0	82.3	172.5	63.8	*21.2	1056.8
	<i>Total</i>	<i>4334.8</i>	<i>1160.1</i>	<i>1446.0</i>	<i>580.2</i>	<i>322.7</i>	<i>7843.8</i>
Females	15 to 24	502.2	207.5	339.4	195.3	129.8	1374.1
	25 to 34	842.2	204.1	286.6	107.5	47.0	1487.5
	35 to 44	912.0	191.4	249.8	91.5	38.7	1483.4
	45 to 54	911.2	140.7	208.2	78.1	39.7	1377.8
	55 to 64	673.8	86.3	169.7	44.0	*24.8	998.7
	65 and over	873.2	94.7	175.9	71.0	*22.7	1237.4
	<i>Total</i>	<i>4714.6</i>	<i>924.7</i>	<i>1429.6</i>	<i>587.4</i>	<i>302.6</i>	<i>7959.0</i>
Persons	15 to 24	943.3	453.5	704.8	406.8	277.7	2786.1
	25 to 34	1606.6	457.9	577.5	230.5	112.3	2984.7
	35 to 44	1730.2	477.6	507.2	163.2	81.9	2960.1
	45 to 54	1821.9	309.2	416.1	133.0	65.8	2745.9
	55 to 64	1357.2	209.6	321.7	99.4	43.8	2031.6
	65 and over	1590.2	177.0	348.4	134.8	43.9	2294.3
	<b>Total</b>	<b>9049.4</b>	<b>2084.8</b>	<b>2875.6</b>	<b>1167.6</b>	<b>625.3</b>	<b>15802.8</b>

Proportion of each demographic group within each category (row percentages)

Males	15 to 24	31.2	17.4	25.9	15.0	10.5	100.0
	25 to 34	51.1	17.0	19.4	8.2	4.4	100.0
	35 to 44	55.4	19.4	17.4	4.8	2.9	100.0
	45 to 54	66.6	12.3	15.2	4.0	*1.9	100.0
	55 to 64	66.2	11.9	14.7	5.4	*1.8	100.0
	65 and over	67.8	7.8	16.3	6.0	*2.0	100.0
	<i>Total</i>	<i>55.3</i>	<i>14.8</i>	<i>18.4</i>	<i>7.4</i>	<i>4.1</i>	<i>100.0</i>
Females	15 to 24	36.5	15.1	24.7	14.2	9.4	100.0
	25 to 34	56.6	13.7	19.3	7.2	3.2	100.0
	35 to 44	61.5	12.9	16.8	6.2	2.6	100.0
	45 to 54	66.1	10.2	15.1	5.7	2.9	100.0
	55 to 64	67.5	8.6	17.0	4.4	*2.5	100.0
	65 and over	70.6	7.7	14.2	5.7	*1.8	100.0
	<i>Total</i>	<i>59.2</i>	<i>11.6</i>	<i>18.0</i>	<i>7.4</i>	<i>3.8</i>	<i>100.0</i>
Persons	15 to 24	33.9	16.3	25.3	14.6	10.0	100.0
	25 to 34	53.8	15.3	19.3	7.7	3.8	100.0
	35 to 44	58.5	16.1	17.1	5.5	2.8	100.0
	45 to 54	66.3	11.3	15.2	4.8	2.4	100.0
	55 to 64	66.8	10.3	15.8	4.9	2.2	100.0
	65 and over	69.3	7.7	15.2	5.9	1.9	100.0
	<b>Total</b>	<b>57.3</b>	<b>13.2</b>	<b>18.2</b>	<b>7.4</b>	<b>4.0</b>	<b>100.0</b>

a More than zero and less than once per week

b Once or more and less than 3 times per week

c 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: Physical activities for exercise, recreation and sport by frequency of participation — cumulative, 2004<sup>a</sup>**

Sex	Age group (years)	Less than once	Once a week or	Twice a week	Three times a	Total participation
		a week	more	or more	week or more	
		'000	'000	'000	'000	'000
Males	15 to 24	207.9	1102.5	878.4	722.5	1310.4
	25 to 34	238.2	1056.0	822.0	661.0	1294.1
	35 to 44	248.6	991.2	753.8	585.5	1239.8
	45 to 54	226.5	879.4	722.4	568.0	1105.9
	55 to 64	135.1	662.4	534.9	445.5	797.4
	65 and over	96.2	669.8	592.5	464.2	766.0
	<i>Total</i>		<i>1152.5</i>	<i>5361.2</i>	<i>4304.0</i>	<i>3446.7</i>
Females	15 to 24	180.4	1064.2	873.9	708.5	1244.7
	25 to 34	167.0	1087.6	936.8	714.3	1254.6
	35 to 44	175.8	1071.9	908.3	735.2	1247.6
	45 to 54	120.2	1024.1	898.5	759.1	1144.4
	55 to 64	79.8	729.9	634.5	528.3	809.7
	65 and over	78.4	798.2	693.1	567.1	876.6
	<i>Total</i>		<i>801.6</i>	<i>5776.0</i>	<i>4945.2</i>	<i>4012.4</i>
Persons	15 to 24	388.3	2166.7	1752.3	1431.0	2555.1
	25 to 34	405.2	2143.6	1758.8	1375.3	2548.8
	35 to 44	424.3	2063.1	1662.1	1320.6	2487.4
	45 to 54	346.7	1903.5	1620.9	1327.1	2250.3
	55 to 64	214.9	1392.3	1169.5	973.8	1607.2
	65 and over	174.6	1468.0	1285.6	1031.3	1642.6
	<b>Total</b>		<b>1954.1</b>	<b>11137.2</b>	<b>9249.2</b>	<b>7459.1</b>
Participation rate (%)						
Males	15 to 24	14.7	78.1	62.2	51.2	92.8
	25 to 34	15.9	70.5	54.9	44.1	86.4
	35 to 44	16.8	67.1	51.0	39.6	84.0
	45 to 54	16.6	64.3	52.8	41.5	80.8
	55 to 64	13.1	64.1	51.8	43.1	77.2
	65 and over	9.1	63.4	56.1	43.9	72.5
	<i>Total</i>		<i>14.7</i>	<i>68.3</i>	<i>54.9</i>	<i>43.9</i>
Females	15 to 24	13.1	77.4	63.6	51.6	90.6
	25 to 34	11.2	73.1	63.0	48.0	84.3
	35 to 44	11.8	72.3	61.2	49.6	84.1
	45 to 54	8.7	74.3	65.2	55.1	83.1
	55 to 64	8.0	73.1	63.5	52.9	81.1
	65 and over	6.3	64.5	56.0	45.8	70.8
	<i>Total</i>		<i>10.1</i>	<i>72.6</i>	<i>62.1</i>	<i>50.4</i>
Persons	15 to 24	13.9	77.8	62.9	51.4	91.7
	25 to 34	13.6	71.8	58.9	46.1	85.4
	35 to 44	14.3	69.7	56.1	44.6	84.0
	45 to 54	12.6	69.3	59.0	48.3	81.9
	55 to 64	10.6	68.5	57.6	47.9	79.1
	65 and over	7.6	64.0	56.0	45.0	71.6
	<b>Total</b>		<b>12.4</b>	<b>70.5</b>	<b>58.5</b>	<b>47.2</b>

a Relates to persons aged 15 years and over who participated in physical activities for exercise, recreation and sport over a 12-month period prior to interview in 2004



**Table 5: All participants in organised activities — frequency of participation, cumulative, 2004<sup>a</sup>**

Sex	Age group (years)	Less than	Once a	Twice a	Three times	Total participation
		once a week	week or more	week or more	a week or more	
		'000	'000	'000	'000	'000
Males	15 to 24	246.0	724.8	523.3	359.5	970.8
	25 to 34	253.8	479.0	307.9	188.2	732.8
	35 to 44	286.2	372.3	193.6	114.9	658.5
	45 to 54	168.5	288.9	164.3	81.0	457.4
	55 to 64	123.3	226.3	136.6	74.3	349.6
	65 and over	82.3	257.5	185.8	85.0	339.8
	<i>Total</i>		<i>1160.1</i>	<i>2348.9</i>	<i>1511.5</i>	<i>902.9</i>
Females	15 to 24	207.5	664.5	490.2	325.0	872.0
	25 to 34	204.1	441.2	268.7	154.6	645.3
	35 to 44	191.4	380.0	227.8	130.2	571.4
	45 to 54	140.7	326.0	192.0	117.8	466.6
	55 to 64	86.3	238.5	140.1	68.8	324.9
	65 and over	94.7	269.5	181.9	93.6	364.2
	<i>Total</i>		<i>924.7</i>	<i>2319.7</i>	<i>1500.8</i>	<i>890.1</i>
Persons	15 to 24	453.5	1389.3	1013.5	684.5	1842.8
	25 to 34	457.9	920.2	576.6	342.8	1378.2
	35 to 44	477.6	752.3	421.4	245.1	1229.9
	45 to 54	309.2	614.9	356.3	198.8	924.1
	55 to 64	209.6	464.9	276.7	143.2	674.5
	65 and over	177.0	527.0	367.7	178.6	704.0
	<b>Total</b>		<b>2084.8</b>	<b>4668.6</b>	<b>3012.3</b>	<b>1793.0</b>
Participation rate (%)						
Males	15 to 24	17.4	51.3	37.1	25.5	68.8
	25 to 34	17.0	32.0	20.6	12.6	48.9
	35 to 44	19.4	25.2	13.1	7.8	44.6
	45 to 54	12.3	21.1	12.0	5.9	33.4
	55 to 64	11.9	21.9	13.2	7.2	33.8
	65 and over	7.8	24.4	17.6	8.0	32.2
	<i>Total</i>		<i>14.8</i>	<i>29.9</i>	<i>19.3</i>	<i>11.5</i>
Females	15 to 24	15.1	48.4	35.7	23.7	63.5
	25 to 34	13.7	29.7	18.1	10.4	43.4
	35 to 44	12.9	25.6	15.4	8.8	38.5
	45 to 54	10.2	23.7	13.9	8.5	33.9
	55 to 64	8.6	23.9	14.0	6.9	32.5
	65 and over	7.7	21.8	14.7	7.6	29.4
	<i>Total</i>		<i>11.6</i>	<i>29.1</i>	<i>18.9</i>	<i>11.2</i>
Persons	15 to 24	16.3	49.9	36.4	24.6	66.1
	25 to 34	15.3	30.8	19.3	11.5	46.2
	35 to 44	16.1	25.4	14.2	8.3	41.5
	45 to 54	11.3	22.4	13.0	7.2	33.7
	55 to 64	10.3	22.9	13.6	7.0	33.2
	65 and over	7.7	23.0	16.0	7.8	30.7
	<b>Total</b>		<b>13.2</b>	<b>29.5</b>	<b>19.1</b>	<b>11.3</b>

<sup>a</sup> Relates to persons aged 15 years and over who participated in physical activities for exercise, recreation and sport over a 12-month period prior to interview in 2004

**Table 6: All persons aged 15 years and over — average frequency of participation in activities, 2004<sup>a</sup>**

Sex	Age group (years)	Number of weekly sessions of activity (median)	Number of weekly sessions of activity (mean)	Mean number of different activities (for those that participate in any activity)
Males	15 to 24	3.0	3.7	2.5
	25 to 34	2.3	3.2	2.2
	35 to 44	2.0	3.1	2.1
	45 to 54	2.0	3.0	1.8
	55 to 64	2.0	3.3	1.4
	65 and over	2.0	3.2	1.1
	<i>Total</i>		2.2	3.2
Females	15 to 24	3.0	3.6	2.3
	25 to 34	2.7	3.5	1.9
	35 to 44	2.9	3.4	1.8
	45 to 54	3.0	3.7	1.6
	55 to 64	3.0	3.8	1.4
	65 and over	2.1	3.4	1.1
	<i>Total</i>		3.0	3.6
Persons	15 to 24	3.0	3.7	2.4
	25 to 34	2.5	3.3	2.1
	35 to 44	2.3	3.2	1.9
	45 to 54	2.9	3.4	1.7
	55 to 64	2.7	3.5	1.4
	65 and over	2.0	3.3	1.1
	<b>Total</b>		<b>2.6</b>	<b>3.4</b>

a Relates to persons aged 15 years and over participating in physical activities for exercise, recreation and sport

**Table 7: All participants in physical activities for exercise, recreation and sport — average frequency of participation, 2004<sup>a</sup>**

Sex	Age group (years)	Number of weekly sessions of activity (median)	Number of weekly sessions of activity (mean)	Mean number of different activities (for those that participate in any activity)
Males	15 to 24	3.0	4.0	2.6
	25 to 34	3.0	3.7	2.6
	35 to 44	2.9	3.7	2.5
	45 to 54	3.0	3.7	2.2
	55 to 64	3.2	4.3	1.9
	65 and over	3.5	4.5	1.6
	<i>Total</i>	3.0	3.9	2.3
Females	15 to 24	3.2	4.0	2.6
	25 to 34	3.1	4.1	2.3
	35 to 44	3.2	4.1	2.2
	45 to 54	3.8	4.5	2.0
	55 to 64	4.0	4.7	1.8
	65 and over	4.0	4.8	1.6
	<i>Total</i>	3.5	4.3	2.1
Persons	15 to 24	3.1	4.0	2.6
	25 to 34	3.0	3.9	2.5
	35 to 44	3.0	3.9	2.3
	45 to 54	3.3	4.1	2.1
	55 to 64	3.8	4.5	1.8
	65 and over	3.9	4.6	1.6
	<b>Total</b>	<b>3.1</b>	<b>4.1</b>	<b>2.2</b>

a Relates to persons aged 15 years and over who participated in physical activities for exercise, recreation and sport over a 12-month period prior to interview in 2004

**Table 8: Selected activities by frequency of participation, 2004<sup>a</sup>**

Activity	1–6 times '000	7–12 times '000	13–26 times '000	27–52 times '000	53–104 times '000	More than 104 times '000	Total '000
Aerobics/fitness	151.0	118.4	184.7	444.9	655.9	1,143.3	2,698.2
Aquarobics	*18.0	*17.2	*12.8	64.7	29.2	*15.4	157.3
Athletics/track and field	*21.5	*17.2	*13.3	*25.5	*20.1	*16.4	113.9
Australian football	64.8	43.0	64.5	115.2	100.3	62.9	450.8
Badminton	35.6	*23.7	*17.1	52.2	*16.1	**5.3	150.0
Baseball	*13.3	*7.6	*8.8	**7.0	*8.4	*9.3	54.4
Basketball	54.8	67.9	67.6	171.3	85.9	60.4	508.0
Billiards/snooker/pool	**4.7	**4.5	**3.7	*15.1	*12.4	*11.8	52.3
Boxing	**4.2	**4.7	*11.1	*16.1	28.3	31.1	95.5
Canoeing/kayaking	63.3	*15.7	30.7	*6.9	**6.3	*12.4	135.2
Carpet bowls	**2.5	**0.6	**2.6	*14.8	*10.9	**2.4	33.8
Cricket (indoor)	*25.4	32.3	*23.0	75.3	*16.3	**6.5	178.7
Cricket (outdoor)	104.2	63.2	120.8	115.4	65.7	*19.9	489.2
Cycling	207.5	194.4	226.7	301.2	235.8	492.8	1,658.4
Dancing	*19.7	*18.4	30.9	122.6	88.8	93.0	373.3
Darts	**4.2	—	**3.6	*12.7	**5.4	*7.9	*33.8
Fishing	92.6	72.9	88.5	62.3	*22.2	*24.6	363.0
Golf	256.5	223.8	193.4	294.1	188.3	94.4	1,250.6
Gymnastics	**2.8	**3.0	**5.4	**6.4	*15.3	*18.3	51.3
Hockey (indoor)	*11.7	**2.4	**6.0	**6.3	**2.4	—	28.8
Hockey (outdoor)	*12.8	**4.1	27.6	65.2	*18.9	*16.8	145.5
Horse riding/equestrian activities/polocrosse	34.8	*18.3	*24.1	27.8	34.5	59.2	198.9
Ice/snow sports	139.5	54.4	49.9	*13.5	*13.0	*7.0	277.2
Lawn bowls	39.0	*13.9	37.9	90.4	105.3	74.1	360.6
Martial arts	26.7	**6.2	*22.6	99.5	62.4	101.8	319.3
Motor sports	38.9	36.4	37.6	51.4	*16.3	*16.8	197.3
Netball	48.9	59.2	87.4	191.4	130.9	46.5	564.3
Orienteering	*11.1	*10.5	*7.7	*25.3	*12.2	34.9	101.9
Rock climbing	36.3	*17.2	*7.1	*8.1	*11.8	**4.9	85.4
Roller sports	30.7	*16.9	*16.5	*17.1	*16.5	*26.4	124.2
Rowing	**5.1	—	*10.6	**5.1	*14.1	31.3	66.2
Rugby league	*22.8	*8.1	*24.0	34.0	48.6	34.6	172.2
Rugby union	*23.0	*9.8	*25.1	43.8	*21.1	*21.7	144.6
Running	67.0	55.6	144.9	298.9	319.8	425.8	1,312.0
Sailing	39.5	39.8	*16.8	*24.6	*8.8	**6.6	136.0
Scuba diving	43.4	*17.0	28.4	**5.9	**6.5	**2.1	103.3
Shooting sports	*9.3	*17.7	*20.7	*16.1	**6.2	**5.5	75.4
Soccer (indoor)	41.4	34.5	65.4	124.7	*18.3	*9.3	293.6
Soccer (outdoor)	96.9	50.3	116.0	205.7	119.9	70.4	659.2
Softball	*22.0	**3.7	*10.9	36.0	*9.6	*5.7	88.0
Squash/racquetball	33.4	30.3	46.6	105.7	57.0	*25.6	298.6
Surf sports	80.2	52.0	75.2	95.7	79.3	116.5	498.8
Swimming	275.6	371.9	413.2	692.3	436.2	416.4	2,605.7
Table tennis	*12.8	*11.4	*7.3	34.4	*8.6	**6.5	81.1
Tennis	254.0	193.5	212.2	402.0	183.5	78.0	1,323.2
Tenpin bowling	53.2	*12.7	*11.5	43.8	**6.4	*14.7	142.2
Touch football	27.3	63.9	96.0	124.7	31.8	*14.6	358.3
Triathlon	27.6	**2.0	**1.4	**3.5	**3.3	*22.3	60.1
Volleyball	39.0	*23.0	43.1	90.0	30.9	*8.5	234.3
Walking (bush)	306.0	181.6	117.4	81.6	58.0	73.4	818.0
Walking (other)	117.6	157.0	256.5	821.2	1,034.2	3,781.6	6,168.1
Water polo	**2.4	**3.6	**3.6	**0.4	*10.8	**3.0	*23.7
Waterskiing/powerboating	90.7	53.6	31.9	30.2	**4.3	*9.7	220.4
Weight training	*16.4	*20.5	30.7	77.0	81.8	203.8	430.2

Yoga	50.6	37.6	57.6	185.8	104.8	105.6	542.0
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a Number of times persons undertook the activity, including practice and training, during the 12 months prior to interview

\* 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 continued: Selected activities by frequency of participation<sup>a</sup>**

Activity	PARTICIPATION RATE (%)						Total	MEAN	MEDIAN
	1-6 times	7-12 times	13-26 times	27-52 times	53-104 times	More than 104 times			
Aerobics/fitness	1.0	0.7	1.2	2.8	4.2	7.2	17.1	124.5	104
Aquarobics	*0.1	*0.1	*0.1	0.4	0.2	*0.1	1.0	56.4	52
Athletics/track and field	*0.1	*0.1	*0.1	*0.2	*0.1	*0.1	0.7	60.9	40
Australian football	0.4	0.3	0.4	0.7	0.6	0.4	2.9	58.6	48
Badminton	0.2	*0.1	*0.1	0.3	*0.1	—	0.9	38.3	26
Baseball	*0.1	—	*0.1	—	*0.1	*0.1	0.3	56.9	25
Basketball	0.3	0.4	0.4	1.1	0.5	0.4	3.2	60.1	50
Billiards/snooker/pool	—	—	—	*0.1	*0.1	*0.1	0.3	91.7	52
Boxing	—	—	*0.1	*0.1	0.2	0.2	0.6	118.9	104
Canoeing/kayaking	0.4	*0.1	0.2	—	—	*0.1	0.9	28.4	7
Carpet bowls	—	—	—	*0.1	*0.1	—	0.2	64.3	52
Cricket (indoor)	*0.2	0.2	*0.1	0.5	*0.1	—	1.1	42.4	30
Cricket (outdoor)	0.7	0.4	0.8	0.7	0.4	*0.1	3.1	34.4	24
Cycling	1.3	1.2	1.4	1.9	1.5	3.1	10.5	100.5	52
Dancing	*0.1	*0.1	0.2	0.8	0.6	0.6	2.4	96.7	52
Darts	—	—	—	*0.1	—	*0.1	*0.2	102.8	52
Fishing	0.6	0.5	0.6	0.4	*0.1	*0.2	2.3	35.7	20
Golf	1.6	1.4	1.2	1.9	1.2	0.6	7.9	45.3	25
Gymnastics	—	—	—	—	*0.1	*0.1	0.3	125.3	104
Hockey (indoor)	*0.1	—	—	—	—	—	0.2	24.6	20
Hockey (outdoor)	*0.1	—	0.2	0.4	*0.1	*0.1	0.9	58.9	50
Horse riding/equestrian activities/ polocrosse	0.2	*0.1	*0.2	0.2	0.2	0.4	1.3	99.7	52
Ice/snow sports	0.9	0.3	0.3	*0.1	*0.1	—	1.8	16.0	6
Lawn bowls	0.2	*0.1	0.2	0.6	0.7	0.5	2.3	76.4	52
Martial arts	0.2	—	*0.1	0.6	0.4	0.6	2.0	106.2	64
Motor sports	0.2	0.2	0.2	0.3	*0.1	*0.1	1.2	46.4	24
Netball	0.3	0.4	0.6	1.2	0.8	0.3	3.6	59.4	52
Orienteering	*0.1	*0.1	—	*0.2	*0.1	0.2	0.6	108.6	52
Rock climbing	0.2	*0.1	—	*0.1	*0.1	—	0.5	31.5	10
Roller sports	0.2	*0.1	*0.1	*0.1	*0.1	*0.2	0.8	77.6	26
Rowing	—	—	*0.1	—	*0.1	0.2	0.4	139.3	104
Rugby league	*0.1	*0.1	*0.2	0.2	0.3	0.2	1.1	71.4	52
Rugby union	*0.1	*0.1	*0.2	0.3	*0.1	*0.1	0.9	54.5	32
Running	0.4	0.4	0.9	1.9	2.0	2.7	8.3	106.3	100
Sailing	0.2	0.3	*0.1	*0.2	*0.1	—	0.9	31.2	12
Scuba diving	0.3	*0.1	0.2	—	—	—	0.7	37.7	12
Shooting sports	*0.1	*0.1	*0.1	*0.1	—	—	0.5	38.8	24
Soccer (indoor)	0.3	0.2	0.4	0.8	*0.1	*0.1	1.9	40.6	27
Soccer (outdoor)	0.6	0.3	0.7	1.3	0.8	0.4	4.2	54.6	48
Softball	*0.1	—	*0.1	0.2	*0.1	—	0.6	42.6	32
Squash/racquetball	0.2	0.2	0.3	0.7	0.4	*0.2	1.9	55.3	52
Surf sports	0.5	0.3	0.5	0.6	0.5	0.7	3.2	84.6	50
Swimming	1.7	2.4	2.6	4.4	2.8	2.6	16.5	66.6	40
Table tennis	*0.1	*0.1	—	0.2	*0.1	—	0.5	61.7	50
Tennis	1.6	1.2	1.3	2.5	1.2	0.5	8.4	42.4	30
Tenpin bowling	0.3	*0.1	*0.1	0.3	—	*0.1	0.9	42.5	20
Touch football	0.2	0.4	0.6	0.8	0.2	*0.1	2.3	39.7	26
Triathlon	0.2	—	—	—	—	*0.1	0.4	124.0	15
Volleyball	0.2	*0.1	0.3	0.6	0.2	*0.1	1.5	42.8	36
Walking (bush)	1.9	1.1	0.7	0.5	0.4	0.5	5.2	39.4	12
Walking (other)	0.7	1.0	1.6	5.2	6.5	23.9	39.0	184.9	156
Water polo	—	—	—	—	*0.1	—	*0.1	82.2	75
Waterskiing/powerboating	0.6	0.3	0.2	0.2	—	*0.1	1.4	20.9	10
Weight training	*0.1	*0.1	0.2	0.5	0.5	1.3	2.7	126.7	104

Yoga	0.3	0.2	0.4	1.2	0.7	0.7	3.4	87.9	52
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a Number of times persons undertook the activity, including practice and training, during the 12 months prior to interview

\* 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 9: Selected activities by sex, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)
Aerobics/fitness	1,006.0	12.8	1,692.2	21.3	2,698.2	17.1
Aquarobics	*17.8	*0.2	139.5	1.8	157.3	1.0
Athletics/track and field	75.7	1.0	38.2	0.5	113.9	0.7
Australian football	419.2	5.3	31.7	0.4	450.8	2.9
Badminton	79.2	1.0	70.8	0.9	150.0	0.9
Baseball	50.1	0.6	**4.3	**0.1	54.4	0.3
Basketball	335.5	4.3	172.5	2.2	508.0	3.2
Billiards/snooker/pool	42.6	0.5	*9.7	*0.1	52.3	0.3
Boxing	68.7	0.9	26.8	0.3	95.5	0.6
Canoeing/kayaking	76.3	1.0	58.9	0.7	135.2	0.9
Carpet bowls	*10.8	*0.1	*23.0	*0.3	33.8	0.2
Cricket (indoor)	162.6	2.1	16.1	0.2	178.7	1.1
Cricket (outdoor)	444.1	5.7	45.1	0.6	489.2	3.1
Cycling	1,094.3	14.0	564.1	7.1	1,658.4	10.5
Dancing	54.7	0.7	318.6	4.0	373.3	2.4
Darts	28.0	0.4	**5.8	**0.1	33.8	0.2
Fishing	314.5	4.0	48.6	0.6	363.0	2.3
Golf	1,028.0	13.1	222.6	2.8	1,250.6	7.9
Gymnastics	*21.5	*0.3	29.7	0.4	51.3	0.3
Hockey (indoor)	*17.3	*0.2	*11.6	*0.1	28.8	0.2
Hockey (outdoor)	73.2	0.9	72.2	0.9	145.5	0.9
Horse riding/equestrian activities/polocrosse	46.3	0.6	152.5	1.9	198.9	1.3
Ice/snow sports	193.2	2.5	84.0	1.1	277.2	1.8
Lawn bowls	208.6	2.7	152.0	1.9	360.6	2.3
Martial arts	149.6	1.9	169.7	2.1	319.3	2.0
Motor sports	186.5	2.4	*10.8	*0.1	197.3	1.2
Netball	58.5	0.7	505.8	6.4	564.3	3.6
Orienteering	64.0	0.8	37.8	0.5	101.9	0.6
Rock climbing	45.4	0.6	40.0	0.5	85.4	0.5
Roller sports	75.4	1.0	48.8	0.6	124.2	0.8
Rowing	53.4	0.7	*12.8	*0.2	66.2	0.4
Rugby league	163.8	2.1	*8.5	*0.1	172.2	1.1
Rugby union	133.8	1.7	*10.7	*0.1	144.6	0.9
Running	843.6	10.8	468.4	5.9	1,312.0	8.3
Sailing	87.9	1.1	48.1	0.6	136.0	0.9
Scuba diving	85.8	1.1	*17.6	*0.2	103.3	0.7
Shooting sports	72.1	0.9	**3.3	—	75.4	0.5
Soccer (indoor)	230.0	2.9	63.6	0.8	293.6	1.9
Soccer (outdoor)	476.4	6.1	182.8	2.3	659.2	4.2
Softball	*21.2	*0.3	66.8	0.8	88.0	0.6
Squash/racquetball	224.5	2.9	74.2	0.9	298.6	1.9
Surf sports	408.4	5.2	90.4	1.1	498.8	3.2
Swimming	1,152.2	14.7	1,453.5	18.3	2,605.7	16.5
Table tennis	62.4	0.8	*18.7	*0.2	81.1	0.5
Tennis	689.0	8.8	634.2	8.0	1,323.2	8.4
Tenpin bowling	71.5	0.9	70.7	0.9	142.2	0.9
Touch football	235.7	3.0	122.5	1.5	358.3	2.3
Triathlon	43.3	0.6	*16.8	*0.2	60.1	0.4
Volleyball	128.8	1.6	105.6	1.3	234.3	1.5
Walking (bush)	412.9	5.3	405.0	5.1	818.0	5.2
Walking (other)	2,085.6	26.6	4,082.5	51.3	6,168.1	39.0
Water polo	*15.6	*0.2	*8.1	*0.1	*23.7	*0.1
Waterskiing/powerboating	164.1	2.1	56.3	0.7	220.4	1.4



Weight training	294.4	3.8	135.8	1.7	430.2	2.7
Yoga	63.9	0.8	478.2	6.0	542.0	3.4

\* 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 10: Selected activities by age, 2004**

Activity	15 to 24 years (‘000)	25 to 34 years (‘000)	35 to 44 years (‘000)	45 to 54 years (‘000)	55 to 64 years (‘000)	65 years and over (‘000)	Total (‘000)
Aerobics/fitness	633.9	678.8	482.0	369.6	257.4	276.6	2,698.2
Aquarobics	*10.7	*23.6	*23.2	*24.9	28.9	46.0	157.3
Athletics/track and field	99.5	**2.8	*7.9	**3.4	**0.3	**0.1	113.9
Australian football	250.9	102.6	61.4	34.2	**0.6	**1.2	450.8
Badminton	55.7	42.1	*19.6	*18.9	*9.6	**4.1	150.0
Baseball	26.8	*15.7	**4.9	*7.0	—	—	54.4
Basketball	325.9	92.6	52.1	32.5	**4.3	**0.5	508.0
Billiards/snooker/pool	**3.9	*11.7	**6.7	*19.7	**4	**6.2	52.3
Boxing	43.6	34.9	*8.5	**5.7	**2.7	**0.1	95.5
Canoeing/kayaking	*22.9	*16.6	37.5	33.4	*19.9	**5.0	135.2
Carpet bowls	—	—	**0.2	**2.7	**6.5	*24.4	33.8
Cricket (indoor)	71.1	62.1	42.1	**2.7	—	**0.7	178.7
Cricket (outdoor)	193.3	137.6	110.9	39.9	**4.1	**3.4	489.2
Cycling	276.0	430.3	461.5	287.7	130.5	72.4	1,658.4
Dancing	134.0	46.1	40.2	45.8	50.3	57.0	373.3
Darts	—	**3.1	*9.7	*15.4	**3.3	**2.3	33.8
Fishing	*13.2	53.8	86.1	97.7	59.3	52.9	363.0
Golf	76.5	196.5	246.6	273.7	260.1	197.2	1,250.6
Gymnastics	*17.4	*10.6	*9.3	*11.8	**2.2	—	51.3
Hockey (indoor)	*12.8	*8.2	*2.9	**4.7	**0.1	**0.1	28.8
Hockey (outdoor)	58.4	45.4	27.0	*7.1	*7.6	—	145.5
Horse riding/equestrian activities/polocrosse	44.3	48.0	41.0	37.7	*18.3	*9.6	198.9
Ice/snow sports	74.1	69.6	72.7	39.1	*15.4	**6.3	277.2
Lawn bowls	**6.6	*18.9	*22.6	43.9	89.9	178.7	360.6
Martial arts	82.9	69.4	67.7	39.7	*23.1	36.5	319.3
Motor sports	51.8	71.2	45.6	*20.1	**6.7	**1.9	197.3
Netball	288.9	137.6	94.7	35.6	*7.4	**0.1	564.3
Orienteering	53.7	*18.1	**4.4	*18.7	*7.0	—	101.9
Rock climbing	26.7	*24.7	*15.4	*11.0	**3.6	**4.0	85.4
Roller sports	64.2	32.1	*20.4	**5.4	**2.1	—	124.2
Rowing	29.7	**6.4	**6.2	*15.6	*7.7	**0.6	66.2
Rugby league	132.3	*22.8	*12.3	**2.2	**2.7	—	172.2
Rugby union	117.3	*8.8	*8.1	*8.6	**1.7	—	144.6
Running	358.3	426.7	295.1	170.5	52.2	*9.2	1,312.0
Sailing	*13.8	31.2	32.9	*25.4	*23.1	*9.7	136.0
Scuba diving	*12.0	30.5	34.9	*23.1	**1.4	**1.5	103.3
Shooting sports	*12.4	*7.7	*13.5	*12.6	*22.3	*6.9	75.4
Soccer (indoor)	174.3	70.0	33.1	*11.4	**4.8	—	293.6
Soccer (outdoor)	361.3	124.5	119.2	45.8	**6.2	**2.2	659.2
Softball	41.7	*16.2	*22.4	*7.0	**0.6	—	88.0
Squash/racquetball	47.1	104.0	85.4	45.0	*14.7	**2.3	298.6
Surf sports	164.6	117.0	110.2	76.4	*22.9	*7.7	498.8
Swimming	495.1	633.5	617.9	481.3	238.9	139.0	2,605.7
Table tennis	*18.0	*10.8	*15.1	*16.6	*9.9	*10.6	81.1
Tennis	299.5	303.0	272.1	234.6	120.6	93.4	1,323.2
Tenpin bowling	*20.6	*19.0	39.2	31.8	*13.0	*18.7	142.2
Touch football	169.8	82.4	84.5	*19.2	**1.7	**0.7	358.3
Triathlon	*13.7	*20.1	*19.9	**5.1	**1.3	—	60.1
Volleyball	101.4	72.3	43.5	*11.1	**5.6	**0.4	234.3
Walking (bush)	80.3	154.3	173.1	212.9	130.1	67.1	818.0
Walking (other)	499.5	1,017.5	1,176.3	1,300.8	1,081.1	1,093.0	6,168.1

Water polo	*17.6	**3.1	**0.8	**2.2	—	—	*23.7
Waterskiing/powerboating	59.4	69.3	57.3	*24.0	*10.4	—	220.4
Weight training	116.6	90.9	92.7	69.9	36.4	*23.6	430.2
Yoga	56.8	141.1	146.8	111.0	58.2	28.2	542.0

\* 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 10 continued: Selected activities by age, 2004**

Activity	PARTICIPATION RATE (%)						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	22.8	22.7	16.3	13.5	12.7	12.1	17.1
Aquarobics	*0.4	*0.8	*0.8	*0.9	1.4	2.0	1.0
Athletics/track and field	3.6	**0.1	*0.3	**0.1	—	—	0.7
Australian football	9.0	3.4	2.1	1.2	—	**0.1	2.9
Badminton	2.0	1.4	*0.7	*0.7	*0.5	**0.2	0.9
Baseball	1.0	*0.5	**0.2	*0.3	—	—	0.3
Basketball	11.7	3.1	1.8	1.2	**0.2	—	3.2
Billiards/snooker/pool	**0.1	*0.4	**0.2	*0.7	**0.2	**0.3	0.3
Boxing	1.6	1.2	*0.3	**0.2	*0.1	—	0.6
Canoeing/kayaking	*0.8	*0.6	1.3	1.2	*1.0	**0.2	0.9
Carpet bowls	—	—	—	**0.1	**0.3	*1.1	0.2
Cricket (indoor)	2.6	2.1	1.4	**0.1	—	—	1.1
Cricket (outdoor)	6.9	4.6	3.7	1.5	**0.2	**0.1	3.1
Cycling	9.9	14.4	15.6	10.5	6.4	3.2	10.5
Dancing	4.8	1.5	1.4	1.7	2.5	2.5	2.4
Darts	—	**0.1	*0.3	*0.6	**0.2	**0.1	0.2
Fishing	*0.5	1.8	2.9	3.6	2.9	2.3	2.3
Golf	2.7	6.6	8.3	10.0	12.8	8.6	7.9
Gymnastics	*0.6	*0.4	*0.3	*0.4	**0.1	—	0.3
Hockey (indoor)	*0.5	*0.3	*0.1	**0.2	—	—	0.2
Hockey (outdoor)	2.1	1.5	0.9	*0.3	*0.4	—	0.9
Horse riding/equestrian activities/polocrosse	1.6	1.6	1.4	1.4	*0.9	*0.4	1.3
Ice/snow sports	2.7	2.3	2.5	1.4	*0.8	**0.3	1.8
Lawn bowls	**0.2	*0.6	*0.8	1.6	4.4	7.8	2.3
Martial arts	3.0	2.3	2.3	1.4	*1.1	1.6	2.0
Motor sports	1.9	2.4	1.5	*0.7	**0.3	**0.1	1.2
Netball	10.4	4.6	3.2	1.3	*0.4	—	3.6
Orienteering	1.9	*0.6	**0.2	*0.7	*0.3	—	0.6
Rock climbing	1.0	*0.8	*0.5	*0.4	**0.2	**0.2	0.5
Roller sports	2.3	1.1	*0.7	**0.2	**0.1	—	0.8
Rowing	1.1	**0.2	**0.2	*0.6	*0.4	—	0.4
Rugby league	4.7	*0.8	*0.4	**0.1	**0.1	—	1.1
Rugby union	4.2	*0.3	*0.3	*0.3	**0.1	—	0.9
Running	12.9	14.3	10.0	6.2	2.6	*0.4	8.3
Sailing	*0.5	1.0	1.1	*0.9	*1.1	*0.4	0.9
Scuba diving	*0.4	1.0	1.2	*0.8	**0.1	**0.1	0.7
Shooting sports	*0.4	*0.3	*0.5	*0.5	*1.1	*0.3	0.5
Soccer (indoor)	6.3	2.3	1.1	*0.4	**0.2	—	1.9
Soccer (outdoor)	13.0	4.2	4.0	1.7	**0.3	**0.1	4.2
Softball	1.5	*0.5	*0.8	*0.3	—	—	0.6
Squash/racquetball	1.7	3.5	2.9	1.6	*0.7	**0.1	1.9
Surf sports	5.9	3.9	3.7	2.8	*1.1	*0.3	3.2
Swimming	17.8	21.2	20.9	17.5	11.8	6.1	16.5
Table tennis	*0.6	*0.4	*0.5	*0.6	*0.5	*0.5	0.5
Tennis	10.7	10.2	9.2	8.5	5.9	4.1	8.4
Tenpin bowling	0.7	*0.6	1.3	1.2	*0.6	*0.8	0.9
Touch football	6.1	2.8	2.9	*0.7	**0.1	—	2.3
Triathlon	*0.5	*0.7	*0.7	**0.2	**0.1	—	0.4
Volleyball	3.6	2.4	1.5	*0.4	**0.3	—	1.5
Walking (bush)	2.9	5.2	5.8	7.8	6.4	2.9	5.2
Walking (other)	17.9	34.1	39.7	47.4	53.2	47.6	39.0
Water polo	*0.6	**0.1	—	**0.1	—	—	*0.1
Waterskiing/powerboating	2.1	2.3	1.9	*0.9	*0.5	—	1.4
Weight training	4.2	3.0	3.1	2.5	1.8	*1.0	2.7

Yoga	2.0	4.7	5.0	4.0	2.9	1.2	3.4
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\* 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: Physical activities for exercise, recreation and sport — type of participation by age and sex, 2004**

Sex	Age group (years)	ORGANISED	NON-ORGANISED	BOTH ORGANISED	TOTAL	TOTAL	TOTAL
		ONLY (A) (‘000)	ONLY (B) (‘000)	AND NON-ORGANISED (C) (‘000)	ORGANISED (A + C) (‘000)	NON-ORGANISED (B + C) (‘000)	PARTICIPATION (A + B + C) (‘000)
Males	15 to 24	393.7	339.6	577.2	970.8	916.7	1,310.4
	25 to 34	196.0	561.3	536.8	732.8	1,098.1	1,294.1
	35 to 44	140.9	581.3	517.6	658.5	1,098.9	1,239.8
	45 to 54	121.4	648.5	336.0	457.4	984.5	1,105.9
	55 to 64	119.0	447.9	230.6	349.6	678.4	797.4
	65 and over	148.6	426.2	191.3	339.8	617.5	766.0
	<i>Total</i>	<i>1,119.6</i>	<i>3,004.7</i>	<i>2,389.4</i>	<i>3,509.0</i>	<i>5,394.1</i>	<i>6,513.7</i>
Females	15 to 24	339.2	372.7	532.7	872.0	905.5	1,244.7
	25 to 34	159.2	609.3	486.2	645.3	1,095.5	1,254.6
	35 to 44	142.4	676.2	429.0	571.4	1,105.3	1,247.6
	45 to 54	86.1	677.7	380.5	466.6	1,058.2	1,144.4
	55 to 64	76.3	484.8	248.6	324.9	733.4	809.7
	65 and over	144.1	512.3	220.1	364.2	732.5	876.6
	<i>Total</i>	<i>947.3</i>	<i>3,333.2</i>	<i>2,297.1</i>	<i>3,244.4</i>	<i>5,630.3</i>	<i>6,577.6</i>
Persons	15 to 24	732.9	712.3	1,109.9	1,842.8	1,822.2	2,555.1
	25 to 34	355.2	1,170.6	1,023.0	1,378.2	2,193.6	2,548.8
	35 to 44	283.3	1,257.5	946.7	1,229.9	2,204.1	2,487.4
	45 to 54	207.6	1,326.2	716.5	924.1	2,042.7	2,250.3
	55 to 64	195.3	932.7	479.2	674.5	1,411.9	1,607.2
	65 and over	292.7	938.6	411.4	704.0	1,349.9	1,642.6
	<b>Total</b>	<b>2,066.9</b>	<b>6,337.8</b>	<b>4,686.6</b>	<b>6,753.4</b>	<b>11,024.4</b>	<b>13,091.3</b>
Participation rate (%)							
Males	15 to 24	27.9	24.0	40.9	68.8	64.9	92.8
	25 to 34	13.1	37.5	35.9	48.9	73.3	86.4
	35 to 44	9.5	39.4	35.1	44.6	74.4	84.0
	45 to 54	8.9	47.5	24.6	33.4	72.0	80.8
	55 to 64	11.5	43.4	22.3	33.8	65.7	77.2
	65 and over	14.1	40.3	18.1	32.2	58.4	72.5
	<i>Total</i>	<i>14.3</i>	<i>38.3</i>	<i>30.5</i>	<i>44.7</i>	<i>68.8</i>	<i>83.0</i>
Females	15 to 24	24.7	27.1	38.8	63.5	65.9	90.6
	25 to 34	10.7	41.0	32.7	43.4	73.6	84.3
	35 to 44	9.6	45.6	28.9	38.5	74.5	84.1
	45 to 54	6.3	49.2	27.6	33.9	76.8	83.1
	55 to 64	7.6	48.5	24.9	32.5	73.4	81.1
	65 and over	11.6	41.4	17.8	29.4	59.2	70.8
	<i>Total</i>	<i>11.9</i>	<i>41.9</i>	<i>28.9</i>	<i>40.8</i>	<i>70.7</i>	<i>82.6</i>
Persons	15 to 24	26.3	25.6	39.8	66.1	65.4	91.7
	25 to 34	11.9	39.2	34.3	46.2	73.5	85.4
	35 to 44	9.6	42.5	32.0	41.5	74.5	84.0
	45 to 54	7.6	48.3	26.1	33.7	74.4	81.9
	55 to 64	9.6	45.9	23.6	33.2	69.5	79.1
	65 and over	12.8	40.9	17.9	30.7	58.8	71.6
	<b>Total</b>	<b>13.1</b>	<b>40.1</b>	<b>29.7</b>	<b>42.7</b>	<b>69.8</b>	<b>82.8</b>

**Table 12: All participants — average frequency of participation in organised physical activities for exercise, recreation and sport, 2004<sup>a</sup>**

Sex	Age group (years)	Number of weekly sessions of activity (median)	Number of weekly sessions of activity (mean)	Mean number of different activities (for those that participate in any activity)
Males	15 to 24	2.0	2.6	1.9
	25 to 34	1.4	2.0	1.6
	35 to 44	1.0	1.7	1.4
	45 to 54	1.1	1.7	1.3
	55 to 64	1.1	1.8	1.2
	65 and over	2.0	2.2	1.2
	<i>Total</i>	<i>1.5</i>	<i>2.1</i>	<i>1.5</i>
Females	15 to 24	2.0	2.7	1.9
	25 to 34	1.5	1.9	1.4
	35 to 44	1.2	1.8	1.4
	45 to 54	1.4	2.0	1.4
	55 to 64	1.5	1.9	1.4
	65 and over	2.0	2.1	1.3
	<i>Total</i>	<i>1.6</i>	<i>2.2</i>	<i>1.5</i>
Persons	15 to 24	2.0	2.7	1.9
	25 to 34	1.5	2.0	1.5
	35 to 44	1.0	1.8	1.4
	45 to 54	1.2	1.9	1.3
	55 to 64	1.2	1.8	1.3
	65 and over	2.0	2.1	1.2
	<b>Total</b>	<b>1.5</b>	<b>2.1</b>	<b>1.5</b>

a Relates to all persons aged 15 years and over

**Table 13: Selected activities — type of participation, 2004**

Activity	NUMBER ('000)			PARTICIPATION RATE (%)		
	Total organised <sup>a</sup>	Total non-organised <sup>a</sup>	Total <sup>b</sup>	Total organised <sup>a</sup>	Total non-organised <sup>a</sup>	Total <sup>b</sup>
Aerobics/fitness	1,393.3	1,551.8	2,698.2	8.8	9.8	17.1
Aquarobics	128.4	36.5	157.3	0.8	0.2	1.0
Athletics/track and field	99.3	*20.7	113.9	0.6	*0.1	0.7
Australian football	342.1	133.7	450.8	2.2	0.8	2.9
Badminton	89.3	70.1	150.0	0.6	0.4	0.9
Baseball	46.0	*10.3	54.4	0.3	*0.1	0.3
Basketball	341.1	203.3	508.0	2.2	1.3	3.2
Billiards/snooker/pool	*25.3	28.8	52.3	*0.2	0.2	0.3
Boxing	55.9	41.2	95.5	0.4	0.3	0.6
Canoeing/kayaking	48.0	103.1	135.2	0.3	0.7	0.9
Carpet bowls	28.7	**6.2	33.8	0.2	—	0.2
Cricket (indoor)	139.1	53.2	178.7	0.9	0.3	1.1
Cricket (outdoor)	346.3	157.1	489.2	2.2	1.0	3.1
Cycling	128.1	1,591.3	1,658.4	0.8	10.1	10.5
Dancing	306.6	89.4	373.3	1.9	0.6	2.4
Darts	*19.0	*16.7	33.8	*0.1	*0.1	0.2
Fishing	*16.3	349.4	363.0	*0.1	2.2	2.3
Golf	678.8	680.5	1,250.6	4.3	4.3	7.9
Gymnastics	29.6	27.0	51.3	0.2	0.2	0.3
Hockey (indoor)	*22.3	**6.6	28.8	*0.1	—	0.2
Hockey (outdoor)	132.8	*20.9	145.5	0.8	0.1	0.9
Horse riding/equestrian activities/polocrosse	59.4	161.0	198.9	0.4	1.0	1.3
Ice/snow sports	31.1	260.3	277.2	0.2	1.6	1.8
Lawn bowls	343.4	40.2	360.6	2.2	0.3	2.3
Martial arts	268.6	66.1	319.3	1.7	0.4	2.0
Motor sports	101.6	118.4	197.3	0.6	0.7	1.2
Netball	509.9	111.3	564.3	3.2	0.7	3.6
Orienteering	53.1	49.8	101.9	0.3	0.3	0.6
Rock climbing	*23.2	62.9	85.4	*0.1	0.4	0.5
Roller sports	*10.9	114.4	124.2	*0.1	0.7	0.8
Rowing	50.1	*19.4	66.2	0.3	*0.1	0.4
Rugby league	134.1	46.0	172.2	0.8	0.3	1.1
Rugby union	132.7	*15.6	144.6	0.8	*0.1	0.9
Running	135.4	1,242.4	1,312.0	0.9	7.9	8.3
Sailing	71.0	79.4	136.0	0.4	0.5	0.9
Scuba diving	29.1	82.9	103.3	0.2	0.5	0.7
Shooting sports	49.0	38.4	75.4	0.3	0.2	0.5
Soccer (indoor)	217.1	102.7	293.6	1.4	0.7	1.9
Soccer (outdoor)	447.5	228.3	659.2	2.8	1.4	4.2
Softball	85.7	**6.7	88.0	0.5	—	0.6
Squash/racquetball	147.7	171.8	298.6	0.9	1.1	1.9
Surf sports	44.1	472.4	498.8	0.3	3.0	3.2
Swimming	442.8	2,295.2	2,605.7	2.8	14.5	16.5
Table tennis	37.4	46.2	81.1	0.2	0.3	0.5
Tennis	597.8	819.7	1,323.2	3.8	5.2	8.4
Tenpin bowling	82.9	70.9	142.2	0.5	0.4	0.9
Touch football	304.6	75.8	358.3	1.9	0.5	2.3
Triathlon	53.8	*8.5	60.1	0.3	*0.1	0.4
Volleyball	161.8	87.4	234.3	1.0	0.6	1.5
Walking (bush)	122.3	731.1	818.0	0.8	4.6	5.2
Walking (other)	138.5	6,099.7	6,168.1	0.9	38.6	39.0
Water polo	*21.4	**2.3	*23.7	*0.1	—	*0.1
Waterskiing/powerboating	*9.0	215.9	220.4	*0.1	1.4	1.4
Weight training	173.4	304.3	430.2	1.1	1.9	2.7



Yoga	380.5	210.6	542.0	2.4	1.3	3.4
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- a Includes persons who reported participating in both organised and non-organised activity
- b Components may not add to totals as persons may report both organised and non-organised activity
- \* 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: Organised activities, states and territories by age and sex, 2004<sup>a</sup>**

Sex	Age group (years)	ACT ( <sup>'000</sup> )	NSW ( <sup>'000</sup> )	NT ( <sup>'000</sup> )	QLD ( <sup>'000</sup> )	SA ( <sup>'000</sup> )	TAS ( <sup>'000</sup> )	VIC ( <sup>'000</sup> )	WA ( <sup>'000</sup> )	AUSTRALIA ( <sup>'000</sup> )
Males	15 to 24	18.9	286.0	9.4	195.3	79.8	23.6	270.7	87.3	970.8
	25 to 34	14.4	222.3	10.6	136.5	40.9	16.2	224.2	67.7	732.8
	35 to 44	10.7	237.9	7.6	102.1	49.6	15.8	170.3	64.6	658.5
	45 to 54	10.1	173.7	4.0	76.2	32.1	10.7	103.0	47.7	457.4
	55 to 64	7.0	132.2	2.2	53.2	27.0	7.4	91.7	28.8	349.6
	65 and over	5.3	109.9	*0.7	55.4	19.9	7.9	106.3	34.3	339.8
	<b>Total</b>		<b>66.3</b>	<b>1,162.1</b>	<b>34.5</b>	<b>618.6</b>	<b>249.4</b>	<b>81.5</b>	<b>966.3</b>	<b>330.4</b>
Females	15 to 24	15.3	290.6	7.4	160.5	63.8	21.2	229.0	84.2	872.0
	25 to 34	14.0	215.4	8.0	117.2	41.4	10.6	165.5	73.3	645.3
	35 to 44	11.8	196.2	5.8	97.2	48.9	13.0	137.1	61.4	571.4
	45 to 54	9.0	160.9	3.4	85.5	22.4	8.7	134.9	41.9	466.6
	55 to 64	6.4	94.0	2.7	55.8	28.3	8.5	94.1	35.1	324.9
	65 and over	5.1	127.4	*0.8	42.5	24.6	9.2	115.2	39.4	364.2
	<b>Total</b>		<b>61.6</b>	<b>1,084.4</b>	<b>28.2</b>	<b>558.7</b>	<b>229.3</b>	<b>71.2</b>	<b>875.8</b>	<b>335.3</b>
Persons	15 to 24	34.2	576.6	16.8	355.8	143.6	44.7	499.6	171.4	1,842.8
	25 to 34	28.4	437.7	18.6	253.7	82.3	26.8	389.7	141.0	1,378.2
	35 to 44	22.5	434.1	13.4	199.3	98.4	28.8	307.5	126.0	1,229.9
	45 to 54	19.1	334.6	7.4	161.7	54.5	19.3	237.9	89.6	924.1
	55 to 64	13.4	226.2	4.9	109.1	55.3	15.9	185.8	63.9	674.5
	65 and over	10.4	237.3	*1.5	97.9	44.5	17.1	221.5	73.7	704.0
	<b>Total</b>		<b>127.9</b>	<b>2,246.5</b>	<b>62.6</b>	<b>1,177.3</b>	<b>478.7</b>	<b>152.7</b>	<b>1,842.0</b>	<b>665.7</b>
Participation rate (%)										
Males	15 to 24	77.1	61.7	68.5	71.4	77.8	74.1	75.7	60.3	68.8
	25 to 34	54.1	44.6	60.1	48.5	39.2	56.2	57.2	45.8	48.9
	35 to 44	46.1	48.0	45.1	35.9	45.1	48.6	46.5	43.5	44.6
	45 to 54	45.8	38.5	30.5	28.6	30.2	31.4	31.0	33.5	33.4
	55 to 64	44.2	38.5	26.9	25.8	33.0	27.4	36.7	28.6	33.8
	65 and over	41.7	30.4	*18.7	28.5	21.4	28.3	39.6	36.3	32.2
	<b>Total</b>		<b>53.2</b>	<b>44.5</b>	<b>47.0</b>	<b>41.1</b>	<b>41.7</b>	<b>44.8</b>	<b>49.1</b>	<b>42.4</b>
Females	15 to 24	63.9	64.6	55.2	60.1	64.2	68.1	66.0	59.0	63.5
	25 to 34	55.2	43.1	48.4	40.6	41.4	34.6	43.5	50.3	43.4
	35 to 44	48.3	40.0	39.6	33.5	43.8	37.8	37.0	41.7	38.5
	45 to 54	38.0	35.7	28.8	32.0	20.6	24.8	39.7	29.6	33.9
	55 to 64	41.4	28.4	45.4	28.3	34.3	31.6	38.2	37.4	32.5
	65 and over	35.0	29.7	*22	19.6	22.0	27.5	36.1	36.1	29.4
	<b>Total</b>		<b>48.3</b>	<b>40.9</b>	<b>42.6</b>	<b>36.6</b>	<b>37.4</b>	<b>37.2</b>	<b>43.7</b>	<b>43.0</b>
Persons	15 to 24	70.6	63.1	61.9	65.8	71.1	71.1	70.9	59.7	66.1
	25 to 34	54.6	43.8	54.5	44.5	40.3	45.1	50.4	48.0	46.2
	35 to 44	47.2	44.0	42.5	34.7	44.5	43.0	41.7	42.6	41.5
	45 to 54	41.7	37.1	29.7	30.3	25.4	28.0	35.4	31.5	33.7
	55 to 64	42.8	33.6	34.6	27.0	33.7	29.5	37.4	32.9	33.2
	65 and over	38.1	30.0	*20.3	23.8	21.7	27.9	37.7	36.2	30.7
	<b>Total</b>		<b>50.7</b>	<b>42.7</b>	<b>44.9</b>	<b>38.8</b>	<b>39.5</b>	<b>40.9</b>	<b>46.4</b>	<b>42.7</b>

a Relates to people aged 15 years and over who participated in any organised physical activities for exercise, recreation and sport over a 12-month period prior to interview in 2004. These people may also have participated in activities that were not organised

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

**Table 15: Organised activities — type of organisation by age and sex, 2004<sup>a</sup>**

Sex	Age group (years)	Fitness, leisure or indoor sports centre ('000)	Sport or recreation club or association ('000)	Work ('000)	School ('000)	Other ('000)	Total organised participation <sup>b</sup> ('000)
Males	15 to 24	345.4	712.1	28.2	231.7	55.8	970.8
	25 to 34	317.8	532.7	37.3	*8.9	63.0	732.8
	35 to 44	241.0	506.0	35.5	*12.6	74.9	658.5
	45 to 54	145.3	354.4	*12.3	*10.3	48.5	457.4
	55 to 64	117.2	281.6	**5.8	—	28.0	349.6
	65 and over	106.6	266.2	**0.9	**0.6	41.1	339.8
	<i>Total</i>		<i>1,273.5</i>	<i>2,653.1</i>	<i>119.9</i>	<i>264.2</i>	<i>311.3</i>
Females	15 to 24	334.4	548.6	33.5	236.8	61.4	872.0
	25 to 34	325.8	416.6	**4.9	*7.9	55.1	645.3
	35 to 44	276.1	367.1	*13.5	*12.5	42.4	571.4
	45 to 54	245.2	276.9	*11.5	**2.5	56.2	466.6
	55 to 64	129.5	201.5	**5.6	**6.8	64.6	324.9
	65 and over	144.9	241.8	—	*3.0	71.4	364.2
	<i>Total</i>		<i>1,455.9</i>	<i>2,052.5</i>	<i>69.0</i>	<i>269.5</i>	<i>351.2</i>
Persons	15 to 24	679.8	1,260.7	61.7	468.5	117.3	1,842.8
	25 to 34	643.7	949.3	42.3	*16.8	118.2	1,378.2
	35 to 44	517.2	873.2	49.0	*25.1	117.3	1,229.9
	45 to 54	390.5	631.3	*23.8	*12.8	104.7	924.1
	55 to 64	246.7	483.1	*11.4	**6.8	92.6	674.5
	65 and over	251.5	508.0	**0.9	**3.6	112.5	704.0
	<b>Total</b>		<b>2,729.4</b>	<b>4,705.6</b>	<b>189.0</b>	<b>533.7</b>	<b>662.5</b>

Participation rate (%)

Males	15 to 24	24.5	50.4	2.0	16.4	4.0	68.8
	25 to 34	21.2	35.6	2.5	*0.6	4.2	48.9
	35 to 44	16.3	34.3	2.4	*0.9	5.1	44.6
	45 to 54	10.6	25.9	*0.9	*0.8	3.5	33.4
	55 to 64	11.3	27.3	**0.6	0.0	2.7	33.8
	65 and over	10.1	25.2	**0.1	**0.1	3.9	32.2
	<i>Total</i>		<i>16.2</i>	<i>33.8</i>	<i>1.5</i>	<i>3.4</i>	<i>4.0</i>
Females	15 to 24	24.3	39.9	2.4	17.2	4.5	63.5
	25 to 34	21.9	28.0	**0.3	*0.5	3.7	43.4
	35 to 44	18.6	24.8	*0.9	*0.8	2.9	38.5
	45 to 54	17.8	20.1	*0.8	**0.2	4.1	33.9
	55 to 64	13.0	20.2	**0.6	**0.7	6.5	32.5
	65 and over	11.7	19.5	0.0	*0.2	5.8	29.4
	<i>Total</i>		<i>18.3</i>	<i>25.8</i>	<i>0.9</i>	<i>3.4</i>	<i>4.4</i>
Persons	15 to 24	24.4	45.2	2.2	16.8	4.2	66.1
	25 to 34	21.6	31.8	1.4	*0.6	4.0	46.2
	35 to 44	17.5	29.5	1.7	*0.8	4.0	41.5
	45 to 54	14.2	23.0	*0.9	*0.5	3.8	33.6
	55 to 64	12.1	23.8	*0.6	**0.3	4.6	33.2
	65 and over	11.0	22.1	**0.0	**0.2	4.9	30.7
	<b>Total</b>		<b>17.3</b>	<b>29.8</b>	<b>1.2</b>	<b>3.4</b>	<b>4.2</b>

a Relates to persons aged 15 years and over who participated in any organised physical activities for exercise, recreation and sport over a 12-month period prior to interview in 2004. These persons may also have participated in activities that were not organised

b Components may not add to the totals as a person could have taken part in one or more sports and physical activities organised by more than one type of organisation

\* 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: Selected activities, Australian Capital Territory, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)
Aerobics/fitness	21.2	17.0	34.9	27.4	56.1	22.3
Aquarobics	**0.1	**0.1	3.6	2.8	3.7	1.5
Athletics/track and field	*1.3	*1	*1.0	*0.7	*2.2	*0.9
Australian football	4.1	3.2	**0.4	**0.3	4.5	1.8
Badminton	*1.6	*1.3	*1.4	*1.1	3.0	1.2
Baseball	**0.4	**0.3	—	—	**0.4	**0.1
Basketball	4.8	3.8	*1.5	*1.2	6.3	2.5
Billiards/snooker/pool	**0.2	**0.2	—	—	**0.2	**0.1
Boxing	*1.0	*0.8	**0.5	**0.4	*1.4	*0.6
Canoeing/kayaking	*0.9	*0.7	*0.7	*0.5	*1.6	*0.6
Carpet bowls	—	—	**0.1	**0.1	**0.1	—
Cricket (indoor)	6.3	5.1	**0.3	**0.3	6.7	2.7
Cricket (outdoor)	7.0	5.6	*0.7	*0.5	7.7	3.0
Cycling	26.6	21.3	14.4	11.3	40.9	16.2
Dancing	*1.6	*1.3	5.4	4.3	7.1	2.8
Fishing	3.7	3.0	**0.4	**0.3	4.1	1.6
Golf	17.5	14.0	*2.1	*1.7	19.6	7.8
Gymnastics	—	—	**0.4	**0.3	**0.4	**0.2
Hockey (indoor)	**0.2	**0.1	*1.2	*0.9	*1.3	*0.5
Hockey (outdoor)	*1.9	*1.6	*2.1	*1.7	4.1	1.6
Horse riding/equestrian activities/polocrosse	*0.7	*0.5	3.0	2.4	3.7	1.5
Ice/snow sports	6.2	4.9	3.4	2.7	9.6	3.8
Lawn bowls	*1.8	*1.4	*0.8	*0.6	2.6	1.0
Martial arts	3.0	2.4	*1.9	*1.5	4.9	1.9
Motor sports	*1.7	*1.4	**0.5	**0.4	*2.2	*0.9
Netball	*1.1	*0.9	8.8	6.9	9.9	3.9
Orienteering	*1.2	*0.9	*0.7	*0.5	*1.9	*0.7
Rock climbing	*1.3	*1.0	*1.3	*1.1	2.6	1.0
Roller sports	*0.8	*0.6	*1.8	*1.4	2.5	1.0
Rowing	**0.4	**0.3	*1.0	*0.8	*1.3	*0.5
Rugby league	2.5	2.0	**0.2	**0.1	*2.6	*1.0
Rugby union	4.5	3.6	**0.2	**0.1	4.7	1.9
Running	17.6	14.1	8.7	6.9	26.4	10.4
Sailing	*1.4	*1.1	**0.5	**0.4	*1.9	*0.8
Scuba diving	*1.0	*0.8	**0.5	**0.4	*1.5	*0.6
Shooting sports	*0.8	*0.6	—	—	*0.8	*0.3
Soccer (indoor)	6.0	4.8	*1.2	*1.0	7.2	2.9
Soccer (outdoor)	11.0	8.8	4.9	3.8	15.8	6.3
Softball	*1.1	*0.9	*1.6	*1.3	2.7	1.1
Squash/racquetball	5.1	4.1	*1.0	*0.8	6.1	2.4
Surf sports	3.6	2.9	*0.9	*0.7	4.6	1.8
Swimming	18.5	14.9	24.4	19.1	43.0	17.0
Table tennis	*0.7	*0.6	**0.3	**0.2	*1.0	*0.4
Tennis	12.2	9.8	8.5	6.7	20.7	8.2
Tenpin bowling	*1.0	*0.8	**0.4	**0.3	*1.4	*0.5
Touch football	9.1	7.3	3.2	2.5	12.3	4.9
Triathlon	*1.2	*1.0	**0.1	**0.1	*1.4	*0.5
Volleyball	3.3	2.6	2.7	2.1	6.0	2.4
Walking (bush)	9.0	7.2	10.5	8.2	19.5	7.7
Walking (other)	39.6	31.8	73.5	57.6	113.1	44.8
Water polo	**0.4	**0.3	**0.2	**0.2	*0.6	*0.2
Waterskiing/powerboating	2.0	1.6	**0.3	**0.2	2.3	0.9

Weight training	7.4	5.9	3.7	2.9	11.1	4.4
Yoga	*0.7	*0.6	10.2	8.0	10.9	4.3

\* 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: Selected activities, New South Wales, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)
Aerobics/fitness	321.0	12.3	521.0	19.7	842.0	16.0
Aquarobics	**6.2	**0.2	44.3	1.7	50.5	1.0
Athletics/track and field	*22.4	*0.9	**2.6	**0.1	*25.0	*0.5
Australian football	39.0	1.5	**4.0	**0.2	43.1	0.8
Badminton	*18.6	*0.7	*13.0	*0.5	31.6	0.6
Baseball	*20.3	*0.8	—	—	*20.3	*0.4
Basketball	85.4	3.3	52.2	2.0	137.6	2.6
Billiards/snooker/pool	*19.9	*0.8	**3.7	**0.1	*23.6	*0.4
Boxing	31.0	1.2	*20.3	*0.8	51.3	1.0
Canoeing/kayaking	*19.8	*0.8	*23.6	*0.9	43.4	0.8
Carpet bowls	**1.6	**0.1	*9.3	*0.4	*10.9	*0.2
Cricket (indoor)	49.1	1.9	—	—	49.1	0.9
Cricket (outdoor)	147.9	5.7	*21.9	*0.8	169.8	3.2
Cycling	324.1	12.4	157.6	5.9	481.7	9.1
Dancing	*24.7	*0.9	128.2	4.8	152.9	2.9
Darts	**7.9	**0.3	**3.0	**0.1	*11.0	*0.2
Fishing	96.0	3.7	*9.4	*0.4	105.4	2.0
Golf	383.5	14.7	77.1	2.9	460.6	8.7
Gymnastics	**3.6	**0.1	*14.7	*0.6	*18.3	*0.3
Hockey (indoor)	**7.6	**0.3	—	—	**7.6	**0.1
Hockey (outdoor)	29.2	1.1	35.4	1.3	64.6	1.2
Horse riding/equestrian activities/polocrosse	*11.6	*0.4	55.3	2.1	66.9	1.3
Ice/snow sports	79.6	3.0	54.3	2.0	133.9	2.5
Lawn bowls	79.0	3.0	64.1	2.4	143.1	2.7
Martial arts	62.4	2.4	41.7	1.6	104.2	2.0
Motor sports	70.0	2.7	**2.7	**0.1	72.7	1.4
Netball	*14.2	*0.5	138.5	5.2	152.7	2.9
Orienteering	*17.8	*0.7	*14.6	*0.6	32.4	0.6
Rock climbing	*14.7	*0.6	*18.7	*0.7	33.4	0.6
Roller sports	*17.4	*0.7	*15.2	*0.6	32.7	0.6
Rowing	*18.5	*0.7	**3.0	**0.1	*21.5	*0.4
Rugby league	78.9	3.0	**6.9	**0.3	85.8	1.6
Rugby union	74.2	2.8	**6.6	**0.2	80.8	1.5
Running	271.6	10.4	152.1	5.7	423.7	8.0
Sailing	*21.2	*0.8	*23.4	*0.9	44.6	0.8
Scuba diving	*24.5	*0.9	—	—	*24.5	*0.5
Shooting sports	*23.8	*0.9	**1.4	**0.1	*25.2	*0.5
Soccer (indoor)	69.2	2.6	*21.1	*0.8	90.3	1.7
Soccer (outdoor)	235.7	9.0	92.4	3.5	328.1	6.2
Softball	**5.1	**0.2	27.3	1.0	32.4	0.6
Squash/racquetball	92.8	3.6	31.6	1.2	124.4	2.4
Surf sports	192.7	7.4	39.5	1.5	232.3	4.4
Swimming	470.5	18.0	491.3	18.5	961.8	18.3
Table tennis	*18.9	*0.7	**5.8	**0.2	*24.7	*0.5
Tennis	287.1	11.0	231.0	8.7	518.1	9.8
Tenpin bowling	*25.2	*1.0	*19.6	*0.7	44.8	0.9
Touch football	124.4	4.8	59.6	2.2	184.0	3.5
Triathlon	*14.4	*0.6	**6.1	**0.2	*20.5	*0.4
Volleyball	*28.6	*1.1	*26.9	*1.0	55.6	1.1
Walking (bush)	165.8	6.3	165.1	6.2	330.9	6.3
Walking (other)	650.9	24.9	1,308.5	49.4	1,959.4	37.2
Water polo	*9.3	*0.4	**2.6	**0.1	*11.9	*0.2
Waterskiing/powerboating	57.6	2.2	*15.9	*0.6	73.5	1.4
Weight training	114.5	4.4	46.1	1.7	160.6	3.0
Yoga	*24.9	*1.0	157.6	5.9	182.5	3.5

\* 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 18: Selected activities, Northern Territory, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)
Aerobics/fitness	8.5	11.6	13.7	20.7	22.2	15.9
Aquarobics	**0.2	**0.2	*1.6	*2.4	1.7	1.2
Athletics/track and field	**0.1	**0.2	*1.0	*1.5	*1.1	*0.8
Australian football	6.2	8.4	**0.1	**0.2	6.3	4.5
Badminton	**0.4	**0.6	**0.3	**0.5	*0.8	*0.6
Baseball	1.8	2.4	**0.1	**0.2	1.9	1.4
Basketball	2.9	4.0	2.2	3.3	5.1	3.7
Billiards/snooker/pool	**0.2	**0.3	—	—	**0.2	**0.1
Boxing	**0.4	**0.5	—	—	**0.4	**0.3
Canoeing/kayaking	*0.7	*0.9	**0.4	**0.7	*1.1	*0.8
Carpet bowls	—	—	**0.1	**0.1	**0.1	**0.1
Cricket (indoor)	2.0	2.7	**0.1	**0.2	2.1	1.5
Cricket (outdoor)	2.9	3.9	**0.4	**0.6	3.2	2.3
Cycling	15.2	20.8	9.6	14.5	24.8	17.8
Dancing	**0.4	**0.5	2.1	3.1	2.4	1.7
Darts	**0.3	**0.4	**0.2	**0.3	**0.5	**0.4
Fishing	6.3	8.6	*1.2	*1.8	7.5	5.4
Golf	7.5	10.3	*1.6	*2.5	9.2	6.6
Gymnastics	**0.4	**0.6	**0.2	**0.4	*0.7	*0.5
Hockey (indoor)	**0.1	**0.1	**0.1	**0.1	**0.2	**0.1
Hockey (outdoor)	*1.1	*1.5	*0.7	*1.1	1.8	1.3
Horse riding/equestrian activities/polocrosse	**0.3	**0.4	1.9	2.9	2.2	1.6
Ice/snow sports	*0.7	*1.0	*0.8	*1.3	*1.6	*1.1
Lawn bowls	*1.6	*2.2	*0.6	*0.9	2.2	1.6
Martial arts	*1.4	*2	*1.5	*2.3	3.0	2.1
Motor sports	4.1	5.6	**0.3	**0.4	4.4	3.1
Netball	*0.6	*0.8	3.6	5.5	4.2	3.0
Orienteering	**0.5	**0.7	**0.5	**0.7	*1.0	*0.7
Rock climbing	**0.4	**0.6	*1.0	*1.5	*1.4	*1.0
Roller sports	*1.0	*1.4	—	—	*1.0	*0.7
Rowing	**0.2	**0.2	**0.1	**0.2	**0.3	**0.2
Rugby league	3.2	4.4	—	—	3.2	2.3
Rugby union	2.9	3.9	**0.1	**0.2	3.0	2.1
Running	8.5	11.5	5.3	8.0	13.8	9.9
Sailing	*0.6	*0.9	*0.6	*1.0	*1.3	*0.9
Scuba diving	**0.4	**0.5	**0.2	**0.4	**0.6	**0.4
Shooting sports	*1.5	*2.0	**0.4	**0.6	1.9	1.4
Soccer (indoor)	*1.3	*1.8	*0.7	*1.1	2.0	1.4
Soccer (outdoor)	4.7	6.4	1.9	2.9	6.6	4.7
Softball	**0.2	**0.2	*0.9	*1.4	*1.1	*0.8
Squash/racquetball	3.5	4.7	**0.5	**0.7	4.0	2.8
Surf sports	*1.5	*2.1	**0.4	**0.6	1.9	1.4
Swimming	9.8	13.3	14.9	22.5	24.6	17.7
Table tennis	**0.2	**0.2	**0.1	**0.2	**0.3	**0.2
Tennis	4.0	5.4	3.9	5.8	7.8	5.6
Tenpin bowling	**0.2	**0.2	*0.6	*0.8	*0.7	*0.5
Touch football	3.0	4.1	1.7	2.5	4.7	3.3
Triathlon	*1.0	*1.4	—	—	*1.0	*0.7
Volleyball	3.8	5.2	2.4	3.6	6.2	4.4
Walking (bush)	3.9	5.4	3.7	5.7	7.7	5.5
Walking (other)	17.9	24.3	31.3	47.3	49.1	35.2
Water polo	*0.6	*0.8	—	—	*0.6	*0.4
Waterskiing/powerboating	**0.3	**0.4	**0.2	**0.2	**0.5	**0.3
Weight training	3.3	4.4	*1.0	*1.5	4.3	3.1
Yoga	**0.2	**0.3	4.5	6.8	4.7	3.4

\* 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 19: Selected activities, Queensland, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)
Aerobics/fitness	154.0	10.2	275.8	18.1	429.8	14.2
Aquarobics	*6.9	*0.5	26.4	1.7	33.3	1.1
Athletics/track and field	*14.4	*1.0	*13.4	*0.9	27.8	0.9
Australian football	38.1	2.5	—	—	38.1	1.3
Badminton	**4.4	**0.3	**4.1	**0.3	*8.5	*0.3
Baseball	*12.0	0.8	**2.5	**0.2	*14.5	*0.5
Basketball	47.8	3.2	*14.6	*1.0	62.5	2.1
Billiards/snooker/pool	**5.3	**0.4	—	—	**5.3	**0.2
Boxing	*13.6	*0.9	**3.2	**0.2	*16.8	*0.6
Canoeing/kayaking	*9.4	*0.6	*9.3	*0.6	*18.8	*0.6
Carpet bowls	—	—	**2.2	**0.1	**2.2	**0.1
Cricket (indoor)	33.3	2.2	**3.2	**0.2	36.5	1.2
Cricket (outdoor)	66.3	4.4	*7.3	*0.5	73.7	2.4
Cycling	170.0	11.3	121.1	7.9	291.1	9.6
Dancing	*7.8	*0.5	53.5	3.5	61.3	2.0
Darts	**1.8	**0.1	—	—	**1.8	**0.1
Fishing	94.5	6.3	*20.0	*1.3	114.6	3.8
Golf	185.6	12.3	29.5	1.9	215.1	7.1
Gymnastics	**2.8	**0.2	**2.5	**0.2	**5.3	**0.2
Hockey (indoor)	—	—	**2.1	**0.1	**2.1	**0.1
Hockey (outdoor)	**4.7	**0.3	*8.7	*0.6	*13.3	*0.4
Horse riding/equestrian activities/polocrosse	*19.8	*1.3	27.0	1.8	46.8	1.5
Ice/snow sports	*15.9	*1.1	**6.8	**0.4	22.8	0.8
Lawn bowls	34.0	2.3	23.3	1.5	57.3	1.9
Martial arts	22.8	1.5	37.2	2.4	60.0	2.0
Motor sports	43.9	2.9	—	—	43.9	1.4
Netball	—	—	77.6	5.1	77.6	2.6
Orienteering	*9.6	*0.6	*9.2	*0.6	*18.8	*0.6
Rock climbing	**6.7	**0.4	**4.5	**0.3	*11.2	*0.4
Roller sports	*10.9	*0.7	*11.2	*0.7	22.1	0.7
Rowing	*17.9	*1.2	**3.7	**0.2	*21.5	*0.7
Rugby league	59.5	4.0	—	—	59.5	2.0
Rugby union	39.5	2.6	**3.0	**0.2	42.5	1.4
Running	146.5	9.7	78.2	5.1	224.7	7.4
Sailing	*21.1	*1.4	**2.1	**0.1	23.2	0.8
Scuba diving	*9.3	*0.6	**4.5	**0.3	*13.9	*0.5
Shooting sports	*17.0	*1.1	—	—	*17.0	*0.6
Soccer (indoor)	30.7	2.0	*14.5	*0.9	45.1	1.5
Soccer (outdoor)	83.9	5.6	33.1	2.2	117.0	3.9
Softball	**4.8	**0.3	*15.6	*1.0	*20.4	*0.7
Squash/racquetball	49.0	3.3	22.8	1.5	71.9	2.4
Surf sports	79.4	5.3	*15.1	*1.0	94.4	3.1
Swimming	170.7	11.3	278.2	18.2	448.9	14.8
Table tennis	**4.3	**0.3	**4.1	**0.3	*8.4	*0.3
Tennis	103.6	6.9	105.1	6.9	208.7	6.9
Tenpin bowling	*16.6	*1.1	22.1	1.4	38.6	1.3
Touch football	76.4	5.1	47.7	3.1	124.1	4.1
Triathlon	*7.5	*0.5	**4.6	**0.3	*12.0	*0.4
Volleyball	29.6	2.0	26.0	1.7	55.6	1.8
Walking (bush)	68.5	4.5	64.2	4.2	132.7	4.4
Walking (other)	374.6	24.9	794.2	52.1	1,168.8	38.5
Water polo	**2.4	**0.2	**4.2	**0.3	**6.6	**0.2
Waterskiing/powerboating	31.7	2.1	*16.2	*1.1	48.0	1.6
Weight training	57.1	3.8	*21.5	*1.4	78.6	2.6
Yoga	*7.3	*0.5	92.6	6.1	99.9	3.3

\* 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 20: Selected activities, South Australia, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number	Participation	Number	Participation	Number	Participation
	('000)	rate (%)	('000)	rate (%)	('000)	rate (%)
Aerobics/fitness	56.3	9.4	113.4	18.5	169.7	14.0
Aquarobics	**1.2	**0.2	11.6	1.9	12.8	1.1
Athletics/track and field	*3.1	*0.5	*4.7	*0.8	*7.8	*0.6
Australian football	50.7	8.5	*3.5	*0.6	54.2	4.5
Badminton	*7.8	*1.3	*8.4	*1.4	16.2	1.3
Baseball	*5.5	*0.9	**1.7	**0.3	*7.2	*0.6
Basketball	30.5	5.1	21.0	3.4	51.6	4.3
Billiards/snooker/pool	*3.4	*0.6	**0.7	**0.1	*4.1	*0.3
Boxing	*5.2	*0.9	—	—	*5.2	*0.4
Canoeing/kayaking	*4.8	*0.8	*8.0	*1.3	12.7	1.1
Carpet bowls	*3.2	*0.5	*3.4	*0.5	*6.6	*0.5
Cricket (indoor)	10.8	1.8	—	—	10.8	0.9
Cricket (outdoor)	37.2	6.2	*4.6	*0.8	41.8	3.4
Cycling	73.9	12.4	34.8	5.7	108.8	9.0
Dancing	—	—	15.4	2.5	15.4	1.3
Darts	**2.3	**0.4	**1.0	**0.2	*3.3	*0.3
Fishing	15.2	2.5	**2.2	**0.4	17.4	1.4
Golf	63.8	10.7	12.6	2.1	76.4	6.3
Gymnastics	**2.5	**0.4	**2.6	**0.4	*5.1	*0.4
Hockey (indoor)	**1.2	**0.2	**2.0	**0.3	*3.2	*0.3
Hockey (outdoor)	*8.9	*1.5	*3.4	*0.6	12.3	1.0
Horse riding/equestrian activities/polocrosse	**2.5	**0.4	*7.2	*1.2	9.6	0.8
Ice/snow sports	*4.7	*0.8	*3.0	*0.5	*7.7	*0.6
Lawn bowls	21.3	3.6	*8.6	*1.4	29.9	2.5
Martial arts	10.3	1.7	10.1	1.6	20.4	1.7
Motor sports	*7.2	*1.2	**1.4	**0.2	*8.6	*0.7
Netball	*5.4	*0.9	63.1	10.3	68.5	5.7
Orienteering	**1.5	**0.2	**0.8	**0.1	**2.3	**0.2
Rock climbing	*4.9	*0.8	—	—	*4.9	*0.4
Roller sports	*6.0	*1.0	**0.7	**0.1	*6.7	*0.6
Rowing	**2.6	**0.4	**0.6	**0.1	*3.2	*0.3
Rugby league	**2.2	**0.4	**1.1	**0.2	*3.3	*0.3
rugby union	*4.1	*0.7	—	—	*4.1	*0.3
Running	54.8	9.2	27.9	4.5	82.6	6.8
Sailing	9.7	1.6	**1.3	**0.2	11.0	*0.9
Scuba diving	*5.9	*1.0	**1.1	**0.2	*7.0	*0.6
Shooting sports	**1.4	**0.2	**1.3	**0.2	**2.7	**0.2
Soccer (indoor)	13.4	2.2	*3.3	*0.5	16.6	1.4
Soccer (outdoor)	23.3	3.9	*7.5	*1.2	30.8	2.5
Softball	**2.2	**0.4	*5.3	*0.9	*7.5	*0.6
Squash/racquetball	12.0	2.0	*4.2	*0.7	16.2	1.3
Surf sports	21.0	3.5	*5.0	*0.8	26.1	2.2
Swimming	65.7	11.0	83.0	13.5	148.8	12.3
Table tennis	10.4	1.7	**2.1	**0.3	12.5	1.0
Tennis	54.1	9.0	43.9	7.2	98.0	8.1
Tenpin bowling	*5.6	*0.9	**2.4	**0.4	*8.0	*0.7
Touch football	*5.9	*1.0	*6.4	*1.1	12.3	1.0
Triathlon	**1.4	**0.2	**0.8	**0.1	**2.2	**0.2
Volleyball	12.2	2.0	9.9	1.6	22.2	1.8
Walking (bush)	21.0	3.5	28.2	4.6	49.2	4.1
Walking (other)	170.9	28.6	320.6	52.3	491.5	40.6
Waterskiing/powerboating	10.0	1.7	*4.6	*0.7	14.6	1.2

Weight training	18.9	3.2	14.4	2.3	33.3	2.8
Yoga	*3.2	*0.5	26.5	4.3	29.8	2.5

\* 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 21: Selected activities, Tasmania, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)
Aerobics/fitness	20.0	11.0	35.3	18.4	55.2	14.8
Aquarobics	—	—	*2.6	*1.4	*2.6	*0.7
Athletics/track and field	**0.9	**0.5	*1.8	*1.0	*2.8	*0.7
Australian football	15.9	8.7	*1.1	*0.6	16.9	4.5
Badminton	*2.3	*1.3	3.7	1.9	6.0	1.6
Basketball	5.6	3.1	5.7	3.0	11.2	3.0
Billiards/snooker/pool	*1.4	*0.8	—	—	*1.4	*0.4
Boxing	*1.6	*0.9	**0.4	**0.2	*2.0	*0.5
Canoeing/kayaking	*3.1	*1.7	*2.0	*1.0	5.1	1.4
Carpet bowls	**0.9	**0.5	*2.3	*1.2	3.2	0.9
Cricket (indoor)	3.4	1.9	**0.2	**0.1	3.6	1.0
Cricket (outdoor)	13.3	7.3	**0.9	**0.5	14.2	3.8
Cycling	25.0	13.7	11.4	6.0	36.4	9.7
Dancing	**0.8	**0.4	9.4	4.9	10.2	2.7
Darts	**0.5	**0.3	**0.4	**0.2	**0.8	**0.2
Fishing	12.0	6.6	*1.5	*0.8	13.4	3.6
Golf	19.8	10.9	4.2	2.2	24.0	6.4
Gymnastics	—	—	**0.8	**0.4	**0.8	**0.2
Hockey (outdoor)	3.7	2.0	4.2	2.2	7.9	2.1
Horse riding/equestrian activities/polocrosse	*1.3	*0.7	3.5	1.9	4.9	1.3
Ice/snow sports	*2.3	*1.2	*1.7	*0.9	3.9	1.1
Lawn bowls	5.5	3.0	3.2	1.7	8.6	2.3
Martial arts	*2.8	*1.5	4.4	2.3	7.2	1.9
Motor sports	3.5	1.9	**0.2	**0.1	3.7	1.0
Netball	4.1	2.2	15.2	8.0	19.3	5.2
Orienteering	**0.9	**0.5	*2.2	*1.1	*3.1	*0.8
Rock climbing	3.2	1.8	*1.0	*0.5	4.2	1.1
Roller sports	*3.0	*1.6	**0.2	**0.1	3.2	0.8
Rowing	*1.1	*0.6	*2.7	*1.4	3.8	1.0
Rugby league	*1.4	*0.8	**0.3	**0.2	*1.7	*0.5
Rugby union	*1.4	*0.8	—	—	*1.4	*0.4
Running	17.4	9.5	7.8	4.1	25.1	6.7
Sailing	4.6	2.5	*1.3	*0.7	5.9	1.6
Scuba diving	3.3	1.8	**0.9	**0.5	4.3	1.1
Shooting sports	4.7	2.6	**0.2	**0.1	4.9	1.3
Soccer (indoor)	4.4	2.4	*2.4	*1.2	6.8	1.8
Soccer (outdoor)	8.9	4.9	*1.9	*1.0	10.8	2.9
Softball	**0.5	**0.3	*1.4	*0.7	*1.9	*0.5
Squash/racquetball	3.6	2.0	**0.9	**0.5	4.5	1.2
Surf sports	7.0	3.8	*1.0	*0.5	7.9	2.1
Swimming	20.1	11.0	24.3	12.7	44.3	11.9
Table tennis	**0.2	**0.1	—	—	**0.2	**0.1
Tennis	8.5	4.7	9.3	4.8	17.8	4.8
Tenpin bowling	**0.5	**0.3	**0.5	**0.3	*1.1	*0.3
Touch football	*2.0	*1.1	*1.1	*0.6	*3.1	*0.8
Volleyball	*1.5	*0.8	*1.4	*0.7	*2.9	*0.8
Walking (bush)	16.6	9.1	15.8	8.3	32.4	8.7
Walking (other)	50.2	27.6	104.9	54.8	155.1	41.5
Water polo	—	—	**0.3	**0.2	**0.3	**0.1
Waterskiing/powerboating	*2.3	*1.3	**0.9	**0.5	3.3	0.9
Weight training	5.2	2.8	5.3	2.8	10.5	2.8
Yoga	**0.4	**0.2	4.7	2.4	5.1	1.4

\* 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 22: Selected activities, Victoria, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number ( <sup>'000</sup> )	Participation rate (%)	Number ( <sup>'000</sup> )	Participation rate (%)	Number ( <sup>'000</sup> )	Participation rate (%)
Aerobics/fitness	314.0	16.0	526.9	26.3	841.0	21.2
Aquarobics	**1.8	**0.1	35.2	1.8	37.0	0.9
Athletics/track and field	27.7	1.4	*11.4	*0.6	39.1	1.0
Australian football	188.7	9.6	*16.8	*0.8	205.5	5.2
Badminton	35.0	1.8	*22.0	*1.1	57.0	1.4
Baseball	**7.6	**0.4	—	—	**7.6	**0.2
Basketball	117.1	6.0	53.9	2.7	170.9	4.3
Billiards/snooker/pool	*11.5	*0.6	**3.3	**0.2	*14.8	*0.4
Boxing	*12.2	*0.6	—	—	*12.2	*0.3
Canoeing/kayaking	26.7	1.4	*11.5	*0.6	38.3	1.0
Carpet bowls	**3.8	**0.2	**3.9	**0.2	**7.7	**0.2
Cricket (indoor)	45.7	2.3	*10.2	*0.5	55.9	1.4
Cricket (outdoor)	132.7	6.7	*8.5	*0.4	141.2	3.6
Cycling	306.6	15.6	152.9	7.6	459.5	11.6
Dancing	*15.0	*0.8	77.0	3.8	91.9	2.3
Darts	*14.2	*0.7	—	—	*14.2	*0.4
Fishing	56.0	2.8	**7.6	**0.4	63.6	1.6
Golf	266.1	13.5	76.4	3.8	342.5	8.6
Gymnastics	*12.2	*0.6	**5.8	**0.3	*18.0	*0.5
Hockey (indoor)	**5.5	**0.3	*3.4	*0.2	*8.9	*0.2
Hockey (outdoor)	*13.1	*0.7	**7.7	**0.4	*20.7	*0.5
Horse riding/equestrian activities/ polocrosse	*8.8	*0.4	36.4	1.8	45.3	1.1
Ice/snow sports	77.6	3.9	*12.7	*0.6	90.3	2.3
Lawn bowls	49.0	2.5	36.6	1.8	85.6	2.2
Martial arts	30.3	1.5	55.7	2.8	86.0	2.2
Motor sports	40.2	2.0	—	—	40.2	1.0
Netball	*22.6	*1.1	137.5	6.9	160.1	4.0
Orienteering	25.7	1.3	**4.9	**0.2	30.6	0.8
Rock climbing	*10.3	*0.5	*12.6	*0.6	*22.9	*0.6
Roller sports	27.3	1.4	*12.9	*0.6	40.2	1.0
Rowing	*9.0	*0.5	—	—	*9.0	*0.2
Rugby league	*14.8	*0.8	—	—	*14.8	*0.4
Rugby union	**2.5	**0.1	—	—	**2.5	**0.1
Running	223.1	11.3	147.3	7.4	370.4	9.3
Sailing	*14.5	*0.7	*18.8	*0.9	33.3	0.8
Scuba diving	28.6	1.5	**5.8	**0.3	34.4	0.9
Shooting sports	*14.7	*0.7	—	—	*14.7	*0.4
Soccer (indoor)	86.7	4.4	*18.1	*0.9	104.8	2.6
Soccer (outdoor)	73.7	3.7	31.3	1.6	105.1	2.6
Softball	**2.5	**0.1	**8.0	**0.4	*10.5	*0.3
Squash/racquetball	41.4	2.1	*8.6	*0.4	50.0	1.3
Surf sports	60.9	3.1	25.4	1.3	86.3	2.2
Swimming	275.9	14.0	380.8	19.0	656.7	16.5
Table tennis	27.7	1.4	**5.9	**0.3	33.6	0.8
Tennis	181.5	9.2	185.3	9.2	366.8	9.2
Tenpin bowling	*16.9	*0.9	*17.9	*0.9	34.7	0.9
Touch football	**2.7	**0.1	—	—	**2.7	**0.1
Triathlon	*11.4	*0.6	**5.2	**0.3	*16.6	*0.4
Volleyball	25.6	1.3	*19.4	*1.0	45.0	1.1
Walking (bush)	98.0	5.0	89.6	4.5	187.6	4.7
Walking (other)	544.6	27.7	1,039.7	51.9	1,584.3	39.9
Water polo	**3.0	**0.2	—	—	**3.0	**0.1

Waterskiing/powerboating	43.5	2.2	*13.6	*0.7	57.0	1.4
Weight training	60.4	3.1	29.3	1.5	89.7	2.3
Yoga	*18.0	*0.9	130.8	6.5	148.9	3.7

\* 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 23: Selected activities, Western Australia, 2004**

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)
Aerobics/fitness	110.9	14.2	171.2	21.9	282.1	18.1
Aquarobics	**1.4	**0.2	14.3	1.8	15.6	1.0
Athletics/track and field	*5.7	*0.7	**2.4	**0.3	*8.2	*0.5
Australian football	76.5	9.8	*5.8	*0.7	82.3	5.3
Badminton	*9.0	*1.1	18.0	2.3	26.9	1.7
Baseball	**2.6	**0.3	—	—	**2.6	**0.2
Basketball	41.4	5.3	21.4	2.7	62.8	4.0
Billiards/snooker/pool	**0.7	**0.1	**2.0	**0.3	**2.7	**0.2
Boxing	**3.7	**0.5	**2.4	**0.3	*6.1	*0.4
Canoeing/kayaking	*10.9	*1.4	**3.4	**0.4	14.3	0.9
Carpet bowls	**1.3	**0.2	**1.7	**0.2	**2.9	**0.2
Cricket (indoor)	11.9	1.5	**2.0	**0.3	13.9	0.9
Cricket (outdoor)	36.7	4.7	**0.8	**0.1	37.6	2.4
Cycling	152.9	19.6	62.2	8.0	215.2	13.8
Dancing	*4.4	*0.6	27.6	3.5	31.9	2.0
Darts	**1.0	**0.1	**1.2	**0.2	**2.2	**0.1
Fishing	30.7	3.9	*6.2	*0.8	37.0	2.4
Golf	84.1	10.8	19.1	2.4	103.2	6.6
Gymnastics	—	—	**2.7	**0.3	**2.7	**0.2
Hockey (indoor)	**2.7	**0.3	**2.9	**0.4	*5.6	*0.4
Hockey (outdoor)	*10.7	*1.4	*10.0	*1.3	20.7	1.3
Horse riding/equestrian activities/ polocrosse	**1.3	**0.2	18.1	2.3	19.4	1.2
Ice/snow sports	*6.3	*0.8	**1.2	**0.2	*7.5	*0.5
Lawn bowls	16.3	2.1	14.9	1.9	31.2	2.0
Martial arts	16.5	2.1	17.2	2.2	33.7	2.2
Motor sports	15.9	2.0	*5.8	*0.7	21.7	1.4
Netball	*10.7	*1.4	61.3	7.9	72.0	4.6
Orienteering	*6.8	*0.9	*5.0	*0.6	11.8	0.8
Rock climbing	**3.8	**0.5	**0.8	**0.1	*4.7	*0.3
Roller sports	*9.1	*1.2	*6.8	*0.9	15.9	1.0
Rowing	*3.9	*0.5	**1.8	**0.2	*5.6	*0.4
Rugby league	**1.3	**0.2	—	—	**1.3	**0.1
Rugby union	*4.8	*0.6	**0.8	**0.1	*5.6	*0.4
Running	104.1	13.4	41.2	5.3	145.3	9.3
Sailing	14.8	1.9	—	—	14.8	0.9
Scuba diving	12.6	1.6	*4.5	*0.6	17.1	1.1
Shooting sports	*8.2	*1.1	—	—	*8.2	*0.5
Soccer (indoor)	18.5	2.4	**2.2	**0.3	20.7	1.3
Soccer (outdoor)	35.2	4.5	*9.8	*1.3	45.0	2.9
Softball	*4.9	*0.6	*6.6	*0.8	*11.5	*0.7
Squash/racquetball	17.0	2.2	*4.5	*0.6	21.5	1.4
Surf sports	42.2	5.4	**3.1	**0.4	45.3	2.9
Swimming	120.9	15.5	156.7	20.1	277.6	17.8
Table tennis	—	—	**0.4	—	**0.4	—
Tennis	38.0	4.9	47.2	6.1	85.3	5.5
Tenpin bowling	*5.6	*0.7	*7.3	*0.9	12.9	0.8
Touch football	12.3	1.6	**2.9	**0.4	15.1	1.0
Triathlon	*6.3	*0.8	—	—	*6.3	*0.4
Volleyball	24.1	3.1	16.8	2.2	40.9	2.6
Walking (bush)	30.2	3.9	27.9	3.6	58.1	3.7
Walking (other)	236.9	30.4	409.9	52.5	646.7	41.5
Water polo	—	—	**0.8	**0.1	**0.8	**0.1

Waterskiing/powerboating	16.6	2.1	*4.7	*0.6	21.3	1.4
Weight training	27.7	3.6	14.5	1.9	42.2	2.7
Yoga	*9.0	*1.2	51.4	6.6	60.4	3.9

\* 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 24: Physical activities for exercise, recreation and sport, 2001–2004**

Sex	Year	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
		('000)	('000)	('000)	('000)	('000)	('000)	('000)	('000)	('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
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
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
Participation rate (%)										
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
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
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



**Table 25: Organised physical activities for exercise, recreation and sport by state and territory, 2001–2004**

Sex	Year	ACT (’000)	NSW (’000)	NT (’000)	QLD (’000)	SA (’000)	TAS (’000)	VIC (’000)	WA (’000)	AUSTRALIA (’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
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
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
Participation rate (%)										
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
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
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

## 4 Explanatory notes

### 4.1 Introduction

ERASS collects information on participation in physical activity for exercise, recreation and sport by the Australian population. Participation is restricted to active 'playing' participation and does not include non-playing participation such as coaching, refereeing and spectating 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 fieldwork undertaken by ACNielsen Research. Results for 2004 were compiled by aggregating the four quarterly surveys conducted in February, May, August and November.

### 4.2 Scope

The survey collects information on persons who participated in exercise, recreation and 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).

### 4.3 Methodology

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

**Sample design:** The sample design was a random survey stratified by state and territory. The sample is selected from the *Electronic White Pages* and one person is randomly selected per dwelling to complete the interview (based on the last birthday method).

**Total sample:** The total sample of records used to produce estimates for 2004 was 13,662 persons.

**Overall response rate:** The overall response rate is currently about 41%. The **response rate** is the number of completed interviews divided by the number of contacts plus those where there was no answer after six calls.

### 4.4 Questionnaire

The questionnaire covers two main areas:

- Physical activity for exercise, recreation and sport over the last 12 months — identifying up to ten different types of activities participated in over the last 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 last 12 months
- Demographics — covers sex, age, marital status, number and age of children, educational qualifications, employment status and postcode.

A copy of the questionnaire is on pages 54–59.

## 4.5 Comparability of the data

The survey was first conducted in 2001. This publication provides results from the fourth annual survey, which was conducted in 2004. The survey will also be conducted in 2005 through to 2006, which will allow a comparison of participation in physical activity for exercise, recreation and sport over a six-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, the Population Survey Monitor) and by Sweeney Sports (Sweeney Research). This is due to differences in the scope, methodology and questionnaire design of the various surveys.

## 4.6 Standard errors and relative standard errors

Since the estimates presented in the tables are based on information obtained from persons from a sample of households 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 households had been included in the survey.

One measure of the likely difference is given by the standard error (SE), which indicates the extent to which an estimate might have varied by chance because only a sample of households 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 households had been included, and about 19 chances in 20 (95%) that the difference will be less than two standard errors.

For example, if an estimate of 100,000 persons is provided for participating in a particular activity, then we are 67% confident that if we surveyed the entire Australian population the result would be between 88,100 and 111,900. Similarly, we would be 95% confident that, if we surveyed the entire Australian population, the result would be between 76,200 and 123,800.

Another measure of the likely difference is the relative standard error (RSE) that is obtained by expressing the standard error as a percentage of the estimate. The relative standard error is a useful measure in that it provides an indication of the relative accuracy of the estimate.

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 between 25% and 50% have been included and are preceded by an asterisk (for example, \*13.5) 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 preceded by a double asterisk (for example, \*\*3.6) and are subject to sampling error too high for most practical purposes.

The table on page 53 gives the relative standard error cut-offs to be used when applying, if required, a single or double asterisk to the estimate. For example, for New South Wales an estimate between 9083 and 28,973 should be preceded by a single asterisk and used with caution, and an estimate less than 9,083 should be preceded by a double asterisk and considered too unreliable for general use.

## 4.7 Significance testing

When differences are detected between statistics, it is important to determine through testing if those perceived differences are statistically significant. For example, in NSW 41.5% and 42.7% of the population participated in organised physical activities for exercise, recreation and sport in 2003 and 2004 respectively. While on face value it may appear that this participation rate has increased by 1.2% between 2003 and 2004, statistical tests identify that there is not enough evidence to substantiate this. That is, the sample sizes are too small to reliably detect a difference of this size.

All comparisons between statistics have been tested for significant differences using applicable significance testing, with an alpha value of 0.05. The alpha value is a number between 0 and 1 that sets a cut-off for differences to be statistically significant. For tests where proportions are being compared, the Bonferroni correction was also applied.

The Bonferroni correction is used when several dependent or independent statistical tests are performed simultaneously. This correction is required in these situations because while a given alpha value may be appropriate for each individual comparison, it is not appropriate for the set of all comparisons. In order to avoid the detection of spurious positives, the alpha value needs to be lowered to account for the number of comparisons being performed.

## 4.8 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	1,900	1,700	1,400	1,000	1,200	500	300	400	1,200
2,000	2,500	2,300	1,900	1,300	1,500	700	400	500	1,800
5,000	3,600	3,300	2,900	1,800	2,100	900	600	700	2,900
10,000	4,700	4,400	4,000	2,400	2,700	1,200	800	1,000	4,100
20,000	6,200	5,700	5,300	3,200	3,500	1,600	1,100	1,200	5,800
50,000	9,000	8,300	7,600	4,500	4,900	2,200	1,700	1,700	8,800
100,000	11,900	10,900	9,700	5,900	6,400	2,800	2,200	2,100	11,900
200,000	15,800	14,300	12,400	7,800	8,300	3,700	2,900	2,500	15,800
500,000	22,800	20,600	16,600	11,200	11,600	5,200	4,300	3,200	22,300
800,000	27,500	24,800	19,100	13,400	13,800	6,200	5,200	3,600	26,300
1,000,000	30,100	27,100	20,400	14,700	15,000	6,800	5,700	3,700	28,400
1,500,000	35,500	31,800	22,900	17,200	17,400	7,900	6,700	4,100	32,500
2,000,000	39,800	35,700	24,700	19,300	19,400	8,800	7,600	4,300	35,600
5,000,000	57,600	51,300	31,200	27,600	27,200	12,400	11,000	5000	46,600
8,000,000	69,600	61,900	34,900	33,200	32,300	14,700	13,400	5400	52,900

## 4.9 Relative standard errors

Size of estimate	NSW %	VIC %	QLD %	SA %	WA %	TAS %	NT %	ACT %	Australia %
1,000	186.9	174.7	139.5	97.1	116.4	50.7	32.8	37.0	118.6
2,000	123.5	115.0	97.2	63.8	75.2	32.9	21.8	25.2	88.1
5,000	71.4	66.2	59.0	36.6	42.2	18.5	12.8	14.8	57.9
10,000	47.2	43.6	39.8	24.0	27.3	12.0	8.5	9.7	41.3
20,000	31.2	28.7	26.5	15.8	17.6	7.8	5.7	6.2	29.0
50,000	18.0	16.5	15.1	9.0	9.9	4.4	3.3	3.4	17.7
100,000	11.9	10.9	9.7	5.9	6.4	2.8	2.2	2.1	11.9
200,000	7.9	7.2	6.2	3.9	4.1	1.8	1.5	1.3	7.9
500,000	4.6	4.1	3.3	2.2	2.3	1.0	0.9	0.6	4.5
800,000	3.4	3.1	2.4	1.7	1.7	0.8	0.6	0.4	3.3
1,000,000	3.0	2.7	2.0	1.5	1.5	0.7	0.6	0.4	2.8
1,500,000	2.4	2.1	1.5	1.1	1.2	0.5	0.4	0.3	2.2
2,000,000	2.0	1.8	1.2	1.0	1.0	0.4	0.4	0.2	1.8
5,000,000	1.2	1.0	0.6	0.6	0.5	0.2	0.2	0.1	0.9
8,000,000	0.9	0.8	0.4	0.4	0.4	0.2	0.2	0.1	0.7

## 4.10 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	28,973	25,121	21,987	9,355	11,483	3,097	1,590	2,024	26,499
**50	9,083	7,959	6,709	2,986	3,822	1,022	488	567	6,795

\* 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

## 5 Exercise Recreation and Sport Survey questionnaire

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 Q6
- Don't know ..... 9 Go to Q6
- 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
- Q5 Including any practice or training, approximately how many times did you participate in (activity) during the last 12 months?
- Record actual number*
- Q6 Sex of respondent
- Male ..... 1
- Female ..... 2

- Q7 What is your current age?  
(Record age)
- Q8 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
- Q9 Do you have any children under 18 years of age?
- Yes ..... 1      Go to Q10
- No ..... 2      Go to Q12
- Q10 How many of these children are living with you?  
(Record actual number. If zero then go to Q12)
- Q11 What is the age of each of these children who are under 18 years of age and living with you?  
(Record actual age of each child)
- Q12 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
- Q13 Do you have a full-time or part-time job of any kind?
- Yes ..... 1      Go to Q14
- No ..... 2      Go to Q16
- Q14 Do you have more than one job?



- Yes ..... 1
- No ..... 2
- Q15 How many hours a week do you usually work (in all jobs)?
- Go To Q17*
- Q16 Did you look for work at any time in the last four weeks?
- Yes ..... 1
- No ..... 2
- Q17 What is the postcode of the suburb/area where you live?
- (Record postcode)

## Questionnaire attachment — List of activities

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

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

164 Grockey

165 Other activities (specify)

## 6 Glossary

### **Aerobics/fitness**

Includes calisthenics, Chinese exercise, exercise bike, gymnasium workouts, military exercise, Prime Movers for Over 50s and Step Reebok

### **Capital cities**

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

### **Cycling**

Includes BMX and mountain bike riding

### **Dancing**

Includes ballet and line dancing

### **Employed full time**

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

### **Employed part time**

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

### **ERASS**

Exercise, Recreation and Sport Survey

### **Fitness organisation**

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

### **Gymnastics**

Includes trampolining

### **Ice/snow sports**

Includes blade-skating, ice hockey, ice-skating and snow skiing

### **Married**

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

### **Martial arts**

Includes chi kung, judo, karate, kick boxing, taekwondo and Tai Chi

### **Mean**

Often known as the average, which includes all data values in its calculation

### **Median**

The 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

### **Motor sports**

Includes car, motorbike, speedway, drag and go-kart

### **Netball**

Includes indoor and outdoor netball

### **Not in the labour force**

Persons not in the labour force are those who did not have a job when interviewed and had not looked for work in the four weeks prior to interview

**Not married**

Persons who are not married are those who describe their marital status as being either separated, divorced, widowed or never married

**Organised sport and physical activities**

Sport and physical activities that were organised in full or in part by a club, association or other type of organisation

**Orienteering**

Includes rogaining and cross-country running

**Participation rate**

For any group, this is the number of persons who participated in the activity, expressed as a percentage of the population in the same group

**Rest of state**

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

**Rock climbing**

Includes abseiling and caving

**Roller sports**

Includes inline hockey, roller-blading and skateboarding

**RSE**

Relative standard error

**Rugby union**

Includes rugby sevens

**SE**

Standard error

**Shooting sports**

Includes hunting, paintball and pistol shooting

**Sport organisation**

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

**Surf sports**

Includes sailboarding, surfing, wind surfing. Excludes surf lifesaving

**Swimming**

Includes board diving

**Unemployed**

Unemployed persons are those who did not have a job when interviewed and looked for work in the four weeks prior to interview

**Volleyball**

Includes indoor and outdoor volleyball

**Walking**

Indicated as 'Walking — other' in the tables. This category excludes bushwalking, which is reported separately

**Weight-training**

Includes bodybuilding, circuits and weight training for fitness

## 7 Errata: Previous ERASS annual reports

For the purposes of preparing the 2004 ERASS Annual Report, the Australian Sports Commission conducted an audit of previous ERASS publications. This audit identified that, in general, all findings in the 2001–03 reports were accurate. However, as a result of changes in the way ERASS annual reports are now being prepared, some results published in 2001–03 require slight adjustment. These adjustments are primarily required for two reasons as discussed below:

### 7.1 Corrected postcodes

During the course of the audit completed by the Australian Sports Commission, it became apparent that some respondents from 2001–03 were removed from their respective ERASS datasets by the Australian Bureau of Statistics (ABS) during its data cleaning stage. Specifically, the ABS deleted respondents whose reported postcodes were either not valid or were assigned to post office boxes and, therefore, could not reliably be assigned to a ‘capital city’ or ‘rest of state’ classification within the dataset. These respondents were removed from the datasets because the ABS had no further information by which to assign postcodes to these respondents.

However, as of 2004, the ABS is no longer involved in the preparation of ERASS reports. Instead, ACNielsen (who previously supplied ERASS raw data to the ABS for analysis and reporting) is now supplying raw data and data tables directly to the Australian Sports Commission. Instead of deleting respondents who report invalid postcodes, ACNielsen has used information from the *Electronic White Pages* to apply ‘corrected postcodes’ to these respondents, thereby keeping these respondents in the datasets. Using these ‘corrected postcodes’ both ACNielsen and the Australian Sports Commission are comfortable that these respondents can be reliably classified as being ‘capital city’ or ‘rest of state’ respondents.

### 7.2 Weighting

The other key difference between the ABS and ACNielsen data is associated with data weighting. The investigation into these weighting differences determined that the ABS was using the Estimated Resident Population (ERP) based on the 1996 Census to weight ERASS for 2001, 2002 and 2003, while ACNielsen is now using the ERP based on the 2001 Census. In just about all cases the differences in weights are very small.

### 7.3 Consequences of these differences

Both ACNielsen and the Australian Sports Commission believe that the effects of these slight methodological differences explained above are minimal. For this reason, the Australian Sports Commission, in consultation with the states and territories, has decided to use ACNielsen data for all future ERASS publications including this 2004 Annual Report. This will mean that when 2001 to 2003 data reported in this document are compared to previous ERASS publications there may be some minor differences. However, it is the opinion of both ACNielsen and the Australian Sports Commission that these differences do not affect the overall findings of ERASS. Examples of the small differences between 2003 published data and the data that will now be used in ERASS publications are as follows:

**Box 3: Examples of differences between 2003 published data and revised 2003 data**

Measure	2003 published result	Revised 2003 result
Overall participation in at least one physical activity for exercise, recreation and sport	12,850,700 persons 82.5% of the population <sup>a</sup>	12,844,000 persons 82.5% of the population <sup>a</sup>
Weekly frequency of participation — five times per week or more	7,144,900 persons 45.9% of the population <sup>a</sup>	7,139,700, persons 45.8% of the population <sup>a</sup>
Walking participation	5,905,600 persons 37.9% of the population <sup>a</sup>	5,900,600, persons 37.9% of the population <sup>a</sup>
Aerobics/fitness participation	2,487,600, persons 16.0% of the population <sup>a</sup>	2,487,200, persons 16.0% of the population <sup>a</sup>

a Relates to persons aged 15 years and over who participated in sport or physical activity over a 12-month period prior to interview in 2003



## 8 Contacts

For more information about the survey, please contact:

Research and Corporate Planning  
Australian Sports Commission  
PO Box 176  
BELCONNEN ACT 2616

Tel (02) 6214 1111

Email [research@ausport.gov.au](mailto:research@ausport.gov.au)

Web site [www.ausport.gov.au](http://www.ausport.gov.au)

Or contact your state or territory department of sport and recreation:

### **Australian Capital Territory**

Sport and Recreation ACT  
Tel: (02) 6207 2111

### **New South Wales**

Department of Sport and Recreation  
Tel: (02) 9006 3700

### **Northern Territory**

Office of Sport and Recreation  
Tel: (08) 8982 2348

### **Queensland**

Sport and Recreation Queensland  
Tel: (07) 3237 0098

### **South Australia**

Office for Recreation and Sport  
Tel: (08) 8416 6677

### **Tasmania**

Sport and Recreation Tasmania  
Tel: (03) 6233 5627

### **Victoria**

Sport and Recreation Victoria  
Tel: (03) 9208 3333

### **Western Australia**

Department of Sport and Recreation  
Tel: (08) 9492 9700