



Australian Government  
 Australian Sports Commission  
 Department of Health and Ageing

# Participation in Exercise, Recreation and Sport



## Annual Report 2008

### State and Territory Tables for New South Wales



Government of South Australia  
 Office for Recreation and Sport



Department of Sport and Recreation

### 9.3.2 New South Wales

**Table 38: New South Wales participants — total participation in physical activity by type of participation, age and sex, 2008 (a)**

		Organised only (c) (A)	Non-organised only (d) (B)	Both organised and non-organised (e) (C)	Total organised (A + C)	Total non-organised (B + C)	Total participation (A + B + C)
Sex	Age group (years)	Number ('000)					
Males	15 to 24	110.1	102.0	226.2	336.4	328.3	438.4
	25 to 34	68.3	198.5	133.6	201.9	332.1	400.4
	35 to 44	41.4	190.6	187.2	228.6	377.7	419.1
	45 to 54	45.8	206.6	127.8	173.6	334.4	380.2
	55 to 64	44.5	170.0	80.1	124.6	250.1	294.6
	65 and over	33.4*	180.5	86.4	119.8	267.0	300.4
	<b>TOTAL</b>		<b>343.6</b>	<b>1,048.3</b>	<b>841.3</b>	<b>1,184.9</b>	<b>1,889.7</b>
Females	15 to 24	61.7	137.5	168.9	230.6	306.4	368.1
	25 to 34	25.6*	226.6	144.5	170.1	371.1	396.7
	35 to 44	34.3*	255.1	128.9	163.1	383.9	418.2
	45 to 54	24.8*	259.3	114.5	139.3	373.8	398.6
	55 to 64	26.3*	203.1	94.4	120.7	297.5	323.8
	65 and over	44.3	184.8	120.3	164.6	305.1	349.4
	<b>TOTAL</b>		<b>217.0</b>	<b>1,266.2</b>	<b>771.5</b>	<b>988.6</b>	<b>2,037.8</b>
Persons	15 to 24	171.8	239.5	395.2	567.0	634.6	806.5
	25 to 34	93.9	425.1	278.2	372.0	703.2	797.1
	35 to 44	75.7	445.6	316.0	391.7	761.7	837.3
	45 to 54	70.6	465.9	242.3	312.9	708.3	778.9
	55 to 64	70.9	373.1	174.5	245.3	547.6	618.5
	65 and over	77.7	365.3	206.7	284.4	572.1	649.8
	<b>TOTAL</b>		<b>560.6</b>	<b>2,314.6</b>	<b>1,612.9</b>	<b>2,173.5</b>	<b>3,927.4</b>
Total participation rate (%) (b)							
Males	15 to 24	23.8	22.0	48.8	72.6	70.9	94.7
	25 to 34	14.6	42.3	28.5	43.1	70.8	85.4
	35 to 44	8.6	39.6	38.9	47.5	78.5	87.1
	45 to 54	9.9	44.6	27.6	37.5	72.2	82.0
	55 to 64	11.7	44.8	21.1	32.8	65.8	77.6
	65 and over	8.2*	44.3	21.2	29.4	65.6	73.8
	<b>TOTAL</b>	<b>12.9</b>	<b>39.4</b>	<b>31.6</b>	<b>44.5</b>	<b>70.9</b>	<b>83.8</b>
Females	15 to 24	13.7	30.5	37.5	51.2	68.0	81.7
	25 to 34	5.3*	47.3	30.2	35.5	77.5	82.9
	35 to 44	6.9*	51.3	25.9	32.8	77.3	84.2
	45 to 54	5.2*	54.2	23.9	29.1	78.1	83.3
	55 to 64	6.8*	52.6	24.4	31.3	77.0	83.8
	65 and over	9.3	38.7	25.2	34.5	63.9	73.2
	<b>TOTAL</b>	<b>7.8</b>	<b>45.7</b>	<b>27.9</b>	<b>35.7</b>	<b>73.6</b>	<b>81.4</b>
Persons	15 to 24	18.8	26.2	43.3	62.1	69.5	88.3
	25 to 34	9.9	44.9	29.4	39.3	74.2	84.1
	35 to 44	7.7	45.6	32.3	40.0	77.9	85.6
	45 to 54	7.5	49.5	25.7	33.2	75.2	82.7
	55 to 64	9.3	48.7	22.8	32.0	71.5	80.7
	65 and over	8.8	41.3	23.4	32.2	64.7	73.4
	<b>TOTAL</b>	<b>10.3</b>	<b>42.6</b>	<b>29.7</b>	<b>40.0</b>	<b>72.3</b>	<b>82.6</b>

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

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

(c) Participants' activities are fully organised

(d) Participants' activities are fully non-organised

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

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

**Table 39: New South Wales participants — total participation in any physical activity (organised and non-organised) by demographics, 2008 (a)**

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	438.4	94.7	368.1	81.7	806.5	88.3
25 to 34	400.4	85.4	396.7	82.9	797.1	84.1
35 to 44	419.1	87.1	418.2	84.2	837.3	85.6
45 to 54	380.2	82.0	398.6	83.3	778.9	82.7
55 to 64	294.6	77.6	323.8	83.8	618.5	80.7
65 and over	300.4	73.8	349.4	73.2	649.8	73.4
<b>REGION</b>						
Capital city	1,425.2	84.8	1,457.2	82.8	2,882.4	83.8
Rest of state	808.0	82.1	797.6	79.0	1,605.6	80.6
<b>EMPLOYMENT STATUS</b>						
Employed full time	1,325.7	86.4	696.6	83.9	2,022.3	85.5
Employed part time	308.4	88.8	686.8	87.1	995.2	87.6
Employed refused	15.8*	75.4*	14.2*	82.9*	30.0*	78.8*
Total employed	1,650.0	86.7	1,397.5	85.5	3,047.5	86.1
Unemployed	95.9	79.9	83.9	79.8	179.8	79.9
Not in the labour force	487.4	76.0	773.3	75.2	1,260.7	75.5
<b>MARITAL STATUS</b>						
Married	1,294.5	84.6	1,289.4	84.1	2,583.9	84.4
Not married	936.3	83.2	952.8	77.9	1,889.1	80.5
Refused/Do not know	2.4**	27.3**	12.6*	100.0*	15.0*	70.2*
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	653.1	86.2	737.5	81.4	1,390.6	83.6
At least one under 18 — none at home	67.8	77.2	6.4**	78.3**	74.2	77.3
No children under 18	1,512.2	83.2	1,510.9	81.6	3,023.2	82.4
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	583.2	88.3	632.7	88.2	1,216.0	88.2
Undergraduate diploma or associate diploma	186.7	88.2	191.9	82.6	378.7	85.3
Certificate, trade qualification or apprenticeship	402.3	83.4	322.9	85.2	725.3	84.2
Highest level of secondary school	489.3	88.9	489.6	80.1	978.9	84.3
Did not complete highest level of school	376.4	69.3	465.1	73.2	841.5	71.4
Still at secondary school	137.3	95.6	102.9	88.9	240.2	92.6
Other	52.5	80.9	46.8	71.4	99.3	76.1
Refused	5.3**	77.7**	2.9**	31.0**	8.2**	50.9**
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	1,851.2	84.6	1,900.3	83.4	3,751.6	84.0
European language/s other than English	91.2	86.8	91.4	75.7	182.6	80.9
Non-European language/s	302.6	78.7	273.9	71.5	576.5	75.1
<b>Total</b>	<b>2,233.2</b>	<b>83.8</b>	<b>2,254.8</b>	<b>81.4</b>	<b>4,488.0</b>	<b>82.6</b>

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

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

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

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

**Table 40: All New South Wales persons — participation in any physical activity by frequency, age and sex, 2008 (a)**

Sex	Age group (years)	None	Up to once per week (b)	One or two times per week (c)	Three or four times per week (d)	Five or more times per week	Do not know	Total
		Number ('000)						
Males	15 to 24	24.8*	52.0	117.2	126.1	143.0	0.0**	463.2
	25 to 34	68.6	99.4	109.7	93.9	97.4	0.0**	469.0
	35 to 44	62.1	66.9	97.6	138.2	116.4	0.0**	481.2
	45 to 54	83.2	70.1	89.6	75.7	142.2	2.6**	463.4
	55 to 64	85.2	58.9	61.4	52.9	121.6	0.0**	379.9
	65 and over	106.8	24.4*	67.5	56.5	151.9	0.0**	407.2
	<b>TOTAL</b>	<b>430.6</b>	<b>371.7</b>	<b>543.0</b>	<b>543.3</b>	<b>772.5</b>	<b>2.6**</b>	<b>2,663.8</b>
Females	15 to 24	82.4	81.7	104.1	79.4	102.8	0.0**	450.4
	25 to 34	82.0	52.8	132.5	81.6	127.6	2.2**	478.7
	35 to 44	78.8	59.0	105.2	117.4	136.7	0.0**	497.0
	45 to 54	80.1	31.9*	92.7	114.2	158.1	1.8**	478.7
	55 to 64	62.5	16.7*	81.9	84.8	140.4	0.0**	386.3
	65 and over	128.1	24.7*	101.7	77.5	141.9	3.5**	477.5
	<b>TOTAL</b>	<b>513.8</b>	<b>266.8</b>	<b>618.2</b>	<b>554.9</b>	<b>807.5</b>	<b>7.4**</b>	<b>2,768.6</b>
Persons	15 to 24	107.1	133.7	221.3	205.5	245.9	0.0**	913.6
	25 to 34	150.5	152.2	242.3	175.4	225.0	2.2**	947.6
	35 to 44	140.8	125.9	202.8	255.6	253.1	0.0**	978.2
	45 to 54	163.3	102.0	182.3	189.9	300.3	4.4**	942.1
	55 to 64	147.8	75.5	143.3	137.7	261.9	0.0**	766.2
	65 and over	234.9	49.1	169.2	134.0	293.9	3.5**	884.7
	<b>TOTAL</b>	<b>944.4</b>	<b>638.5</b>	<b>1,161.2</b>	<b>1,098.2</b>	<b>1,580.1</b>	<b>10.1**</b>	<b>5,432.4</b>
Percentage of row (%)								
Males	15 to 24	5.3*	11.2	25.3	27.2	30.9	0.0**	100.0
	25 to 34	14.6	21.2	23.4	20.0	20.8	0.0**	100.0
	35 to 44	12.9	13.9	20.3	28.7	24.2	0.0**	100.0
	45 to 54	18.0	15.1	19.3	16.3	30.7	0.6**	100.0
	55 to 64	22.4	15.5	16.2	13.9	32.0	0.0**	100.0
	65 and over	26.2	6.0*	16.6	13.9	37.3	0.0**	100.0
	<b>TOTAL</b>	<b>16.2</b>	<b>14.0</b>	<b>20.4</b>	<b>20.4</b>	<b>29.0</b>	<b>0.1**</b>	<b>100.0</b>
Females	15 to 24	18.3	18.1	23.1	17.6	22.8	0.0**	100.0
	25 to 34	17.1	11.0	27.7	17.0	26.7	0.5**	100.0
	35 to 44	15.8	11.9	21.2	23.6	27.5	0.0**	100.0
	45 to 54	16.7	6.7*	19.4	23.9	33.0	0.4**	100.0
	55 to 64	16.2	4.3*	21.2	22.0	36.3	0.0**	100.0
	65 and over	26.8	5.2*	21.3	16.2	29.7	0.7**	100.0
	<b>TOTAL</b>	<b>18.6</b>	<b>9.6</b>	<b>22.3</b>	<b>20.0</b>	<b>29.2</b>	<b>0.3**</b>	<b>100.0</b>
Persons	15 to 24	11.7	14.6	24.2	22.5	26.9	0.0**	100.0
	25 to 34	15.9	16.1	25.6	18.5	23.7	0.2**	100.0
	35 to 44	14.4	12.9	20.7	26.1	25.9	0.0**	100.0
	45 to 54	17.3	10.8	19.4	20.2	31.9	0.5**	100.0
	55 to 64	19.3	9.9	18.7	18.0	34.2	0.0**	100.0
	65 and over	26.6	5.6	19.1	15.2	33.2	0.4**	100.0
	<b>TOTAL</b>	<b>17.4</b>	<b>11.8</b>	<b>21.4</b>	<b>20.2</b>	<b>29.1</b>	<b>0.2**</b>	<b>100.0</b>

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

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

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

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

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

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

**Table 41: New South Wales participants — participation in any physical activity by cumulative frequency, age and sex, 2008 (a)**

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	52.0	386.4	332.5	269.2	438.4
	25 to 34	99.4	301.0	246.4	191.3	400.4
	35 to 44	66.9	352.2	280.6	254.6	419.1
	45 to 54	70.1	307.5	274.1	217.9	380.2
	55 to 64	58.9	235.8	207.2	174.4	294.6
	65 and over	24.4*	276.0	241.3	208.5	300.4
	<b>TOTAL</b>		<b>371.7</b>	<b>1,858.8</b>	<b>1,582.1</b>	<b>1,315.8</b>
Females	15 to 24	81.7	286.3	237.7	182.2	368.1
	25 to 34	52.8	341.7	271.0	209.2	396.7
	35 to 44	59.0	359.2	302.2	254.1	418.2
	45 to 54	31.9*	365.0	327.5	272.3	398.6
	55 to 64	16.7*	307.1	268.6	225.2	323.8
	65 and over	24.7*	321.2	274.9	219.5	349.4
	<b>TOTAL</b>		<b>266.8</b>	<b>1,980.6</b>	<b>1,682.0</b>	<b>1,362.4</b>
Persons	15 to 24	133.7	672.7	570.2	451.4	806.5
	25 to 34	152.2	642.7	517.5	400.5	797.1
	35 to 44	125.9	711.5	582.8	508.7	837.3
	45 to 54	102.0	672.4	601.6	490.1	778.9
	55 to 64	75.5	542.9	475.8	399.6	618.5
	65 and over	49.1	597.1	516.1	427.9	649.8
	<b>TOTAL</b>		<b>638.5</b>	<b>3,839.5</b>	<b>3,264.0</b>	<b>2,678.2</b>
Total participation rate (%) (b)						
Males	15 to 24	11.2	83.4	71.8	58.1	94.7
	25 to 34	21.2	64.2	52.5	40.8	85.4
	35 to 44	13.9	73.2	58.3	52.9	87.1
	45 to 54	15.1	66.3	59.1	47.0	82.0
	55 to 64	15.5	62.1	54.6	45.9	77.6
	65 and over	6.0*	67.8	59.3	51.2	73.8
	<b>TOTAL</b>		<b>14.0</b>	<b>69.8</b>	<b>59.4</b>	<b>49.4</b>
Females	15 to 24	18.1	63.6	52.8	40.5	81.7
	25 to 34	11.0	71.4	56.6	43.7	82.9
	35 to 44	11.9	72.3	60.8	51.1	84.2
	45 to 54	6.7*	76.2	68.4	56.9	83.3
	55 to 64	4.3*	79.5	69.5	58.3	83.8
	65 and over	5.2*	67.3	57.6	46.0	73.2
	<b>TOTAL</b>		<b>9.6</b>	<b>71.5</b>	<b>60.8</b>	<b>49.2</b>
Persons	15 to 24	14.6	73.6	62.4	49.4	88.3
	25 to 34	16.1	67.8	54.6	42.3	84.1
	35 to 44	12.9	72.7	59.6	52.0	85.6
	45 to 54	10.8	71.4	63.9	52.0	82.7
	55 to 64	9.9	70.9	62.1	52.2	80.7
	65 and over	5.6	67.5	58.3	48.4	73.4
	<b>TOTAL</b>		<b>11.8</b>	<b>70.7</b>	<b>60.1</b>	<b>49.3</b>

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

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

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

**Table 42: New South Wales recent participants — recent participation in any physical activity by duration and age, 2008 (a)**

		15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	Total
		Number ('000)						
Five hours or more	More than three sessions weekly	170.9	112.0	181.7	158.0	178.4	179.8	980.9
	Two or three sessions weekly	51.6	13.3*	38.7*	18.9*	38.4*	27.8*	188.8
	Less than two sessions weekly	3.3**	3.8**	0.0**	7.6**	15.1*	10.6**	40.4*
	<i>Total</i>	225.8	129.1	220.5	184.5	231.9	218.2	1,210.1
Two hours or more but less than five hours	More than three sessions weekly	84.8	130.9	115.1	162.4	147.1	107.5	747.8
	Two or three sessions weekly	142.7	102.8	89.5	93.0	34.9*	47.3	510.2
	Less than two sessions weekly	25.8*	33.1*	30.5*	29.3*	16.1*	37.0*	171.8
	<i>Total</i>	253.4	266.8	235.1	284.7	198.2	191.8	1,429.8
Less than two hours	More than three sessions weekly	18.7*	16.1*	19.6*	29.0*	6.9**	17.2*	107.5
	Two or three sessions weekly	39.5*	68.1	70.6	63.0	33.6*	76.4	351.3
	Less than two sessions weekly	140.5	154.6	124.2	111.0	79.7	69.1	679.0
	<i>Total</i>	198.7	238.9	214.4	203.0	120.2	162.7	1,137.8
Total	More than three sessions weekly	274.4	259.0	316.4	349.4	332.4	304.5	1,836.1
	Two or three sessions weekly	233.9	184.3	198.8	174.9	107.0	151.5	1,050.4
	Less than two sessions weekly	169.6	191.5	154.7	147.9	110.9	116.7	891.2
	<b>Total</b>	<b>677.8</b>	<b>634.7</b>	<b>669.9</b>	<b>672.2</b>	<b>550.3</b>	<b>572.7</b>	<b>3,777.7</b>
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	4.5	3.0	4.8	4.2	4.7	4.8	26.0
	Two or three sessions weekly	1.4	0.4*	1.0*	0.5*	1.0*	0.7*	5.0
	Less than two sessions weekly	0.1**	0.1**	0.0**	0.2**	0.4*	0.3**	1.1*
	<i>Total</i>	6.0	3.4	5.8	4.9	6.1	5.8	32.0
Two hours or more but less than five hours	More than three sessions weekly	2.2	3.5	3.0	4.3	3.9	2.8	19.8
	Two or three sessions weekly	3.8	2.7	2.4	2.5	0.9*	1.3	13.5
	Less than two sessions weekly	0.7*	0.9*	0.8*	0.8*	0.4*	1.0*	4.5
	<i>Total</i>	6.7	7.1	6.2	7.5	5.2	5.1	37.8
Less than two hours	More than three sessions weekly	0.5*	0.4*	0.5*	0.8*	0.2**	0.5*	2.8
	Two or three sessions weekly	1.0*	1.8	1.9	1.7	0.9*	2.0	9.3
	Less than two sessions weekly	3.7	4.1	3.3	2.9	2.1	1.8	18.0
	<i>Total</i>	5.3	6.3	5.7	5.4	3.2	4.3	30.1
Total	More than three sessions weekly	7.3	6.9	8.4	9.2	8.8	8.1	48.6
	Two or three sessions weekly	6.2	4.9	5.3	4.6	2.8	4.0	27.8
	Less than two sessions weekly	4.5	5.1	4.1	3.9	2.9	3.1	23.6
	<b>Total</b>	<b>17.9</b>	<b>16.8</b>	<b>17.7</b>	<b>17.8</b>	<b>14.6</b>	<b>15.2</b>	<b>100.0</b>

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

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

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



**Table 43: New South Wales regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2008 (a)**

	MALES		FEMALES		PERSONS	
	Number (‘000)	Regular participation rate (b) (%)	Number (‘000)	Regular participation rate (%)	Number (‘000)	Regular participation rate (%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	269.2	58.1	182.2	40.5	451.4	49.4
25 to 34	191.3	40.8	209.2	43.7	400.5	42.3
35 to 44	254.6	52.9	254.1	51.1	508.7	52.0
45 to 54	217.9	47.0	272.3	56.9	490.1	52.0
55 to 64	174.4	45.9	225.2	58.3	399.6	52.2
65 and over	208.5	51.2	219.5	46.0	427.9	48.4
<b>REGION</b>						
Capital city	862.3	51.3	811.9	46.2	1,674.1	48.7
Rest of state	453.5	46.1	550.6	54.5	1,004.1	50.4
<b>EMPLOYMENT STATUS</b>						
Employed full time	736.2	48.0	428.8	51.7	1,165.1	49.3
Employed part time	198.2	57.1	425.8	54.0	624.0	55.0
Employed refused	15.8*	75.4*	10.8**	63.0**	26.6*	69.8*
Total employed	950.2	49.9	865.4	52.9	1,815.6	51.3
Unemployed	62.9	52.4	38.3*	36.4*	101.2	45.0
Not in the labour force	302.6	47.2	458.7	44.6	761.4	45.6
<b>MARITAL STATUS</b>						
Married	720.0	47.1	797.1	52.0	1,517.1	49.5
Not married	593.4	52.7	555.6	45.4	1,149.0	48.9
Refused/Do not know	2.4**	27.3**	9.7**	77.2**	12.1*	56.7*
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	369.4	48.7	428.0	47.3	797.4	47.9
At least one under 18 — none at home	47.4	53.9	4.3**	53.1**	51.7	53.8
No children under 18	899.0	49.4	930.1	50.2	1,829.1	49.8
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	355.9	53.9	386.3	53.8	742.2	53.9
Undergraduate diploma or associate diploma	122.6	57.9	112.1	48.2	234.7	52.9
Certificate, trade qualification or apprenticeship	188.1	39.0	185.9	49.0	374.0	43.4
Highest level of secondary school	296.9	53.9	299.1	48.9	596.0	51.3
Did not complete highest level of school	214.1	39.4	290.3	45.7	504.4	42.8
Still at secondary school	99.7	69.4	56.3	48.7	156.1	60.2
Other	34.7*	53.4*	29.5*	45.0*	64.2	49.2
Refused	3.8**	54.8**	2.9**	31.0**	6.6**	41.1**
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	1,100.7	50.3	1,182.8	51.9	2,283.5	51.1
European language/s other than English	54.5	51.9	49.9	41.4	104.5	46.3
Non-European language/s	166.3	43.2	137.1	35.8	303.3	39.5
<b>Total</b>	<b>1,315.8</b>	<b>49.4</b>	<b>1,362.4</b>	<b>49.2</b>	<b>2,678.2</b>	<b>49.3</b>

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

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

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

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

**Table 44: New South Wales organised participants — participation in organised physical activity by frequency, age and sex, 2008 (a)**

Sex	Age group (years)	None	Up to once	One or two	Three or four	Five or	Do not know	Total
			per week (b)	times per week (c)	times per week (d)	more times per week		
		Number ('000)						
Males	15 to 24	126.8	66.9	128.5	86.6	54.4	0.0**	463.2
	25 to 34	267.1	81.6	73.4	40.1*	6.8**	0.0**	469.0
	35 to 44	252.6	93.3	86.1	30.8*	18.3*	0.0**	481.2
	45 to 54	289.8	67.4	71.9	18.1*	13.7*	2.6**	463.4
	55 to 64	255.3	37.8*	56.9	18.1*	11.7*	0.0**	379.9
	65 and over	287.4	33.0*	51.7	23.5*	11.5*	0.0**	407.2
	<b>TOTAL</b>	<b>1,478.9</b>	<b>380.1</b>	<b>468.4</b>	<b>217.2</b>	<b>116.5</b>	<b>2.6**</b>	<b>2,663.8</b>
Females	15 to 24	219.8	106.3	60.0	36.1*	28.2*	0.0**	450.4
	25 to 34	308.5	78.0	52.1	26.1*	11.1*	2.9**	478.7
	35 to 44	333.8	58.8	72.4	26.1*	4.0**	1.8**	497.0
	45 to 54	339.4	37.8*	51.8	27.3*	20.6*	1.8**	478.7
	55 to 64	265.6	27.7*	55.2	25.0*	12.8*	0.0**	386.3
	65 and over	312.9	39.7*	80.1	30.3*	14.5*	0.0**	477.5
	<b>TOTAL</b>	<b>1,780.1</b>	<b>348.3</b>	<b>371.6</b>	<b>170.9</b>	<b>91.2</b>	<b>6.4**</b>	<b>2,768.6</b>
Persons	15 to 24	346.6	173.3	188.4	122.7	82.7	0.0**	913.6
	25 to 34	575.6	159.6	125.5	66.2	17.9*	2.9**	947.6
	35 to 44	586.5	152.1	158.5	56.9	22.3*	1.8**	978.2
	45 to 54	629.2	105.2	123.7	45.4	34.3*	4.4**	942.1
	55 to 64	520.9	65.5	112.1	43.2	24.6*	0.0**	766.2
	65 and over	600.2	72.8	131.9	53.8	26.0*	0.0**	884.7
	<b>TOTAL</b>	<b>3,259.0</b>	<b>728.5</b>	<b>840.1</b>	<b>388.1</b>	<b>207.7</b>	<b>9.1**</b>	<b>5,432.4</b>
		Percentage of row (%)						
Males	15 to 24	27.4	14.4	27.7	18.7	11.8	0.0**	100.0
	25 to 34	56.9	17.4	15.6	8.5*	1.4**	0.0**	100.0
	35 to 44	52.5	19.4	17.9	6.4*	3.8*	0.0**	100.0
	45 to 54	62.5	14.5	15.5	3.9*	2.9*	0.6**	100.0
	55 to 64	67.2	10.0*	15.0	4.8*	3.1*	0.0**	100.0
	65 and over	70.6	8.1*	12.7	5.8*	2.8*	0.0**	100.0
	<b>TOTAL</b>	<b>55.5</b>	<b>14.3</b>	<b>17.6</b>	<b>8.2</b>	<b>4.4</b>	<b>0.1**</b>	<b>100.0</b>
Females	15 to 24	48.8	23.6	13.3	8.0*	6.3*	0.0**	100.0
	25 to 34	64.5	16.3	10.9	5.5*	2.3*	0.6**	100.0
	35 to 44	67.2	11.8	14.6	5.3*	0.8**	0.4**	100.0
	45 to 54	70.9	7.9*	10.8	5.7*	4.3*	0.4**	100.0
	55 to 64	68.7	7.2*	14.3	6.5*	3.3*	0.0**	100.0
	65 and over	65.5	8.3*	16.8	6.3*	3.0*	0.0**	100.0
	<b>TOTAL</b>	<b>64.3</b>	<b>12.6</b>	<b>13.4</b>	<b>6.2</b>	<b>3.3</b>	<b>0.2**</b>	<b>100.0</b>
Persons	15 to 24	37.9	19.0	20.6	13.4	9.0	0.0**	100.0
	25 to 34	60.7	16.8	13.2	7.0	1.9*	0.3**	100.0
	35 to 44	60.0	15.6	16.2	5.8	2.3*	0.2**	100.0
	45 to 54	66.8	11.2	13.1	4.8	3.6*	0.5**	100.0
	55 to 64	68.0	8.5	14.6	5.6	3.2*	0.0**	100.0
	65 and over	67.8	8.2	14.9	6.1	2.9*	0.0**	100.0
	<b>TOTAL</b>	<b>60.0</b>	<b>13.4</b>	<b>15.5</b>	<b>7.1</b>	<b>3.8</b>	<b>0.2**</b>	<b>100.0</b>

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

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

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

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

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

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



**Table 45: New South Wales organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2008 (a)**

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	66.9	269.5	198.4	141.0	336.4
	25 to 34	81.6	120.3	74.9	46.9	201.9
	35 to 44	93.3	135.2	77.3	49.1	228.6
	45 to 54	67.4	103.6	64.9	31.8*	173.6
	55 to 64	37.8*	86.8	54.8	29.9*	124.6
	65 and over	33.0*	86.8	59.2	35.0*	119.8
	<b>TOTAL</b>		<b>380.1</b>	<b>802.1</b>	<b>529.4</b>	<b>333.7</b>
Females	15 to 24	106.3	124.3	95.4	64.3	230.6
	25 to 34	78.0	89.3	52.2	37.2*	170.1
	35 to 44	58.8	102.5	54.8	30.1*	163.1
	45 to 54	37.8*	99.7	74.8	47.9	139.3
	55 to 64	27.7*	93.1	77.2	37.9*	120.7
	65 and over	39.7*	124.9	88.5	44.8	164.6
	<b>TOTAL</b>		<b>348.3</b>	<b>633.8</b>	<b>442.8</b>	<b>262.2</b>
Persons	15 to 24	173.3	393.7	293.8	205.3	567.0
	25 to 34	159.6	209.6	127.0	84.1	372.0
	35 to 44	152.1	237.7	132.1	79.2	391.7
	45 to 54	105.2	203.3	139.7	79.7	312.9
	55 to 64	65.5	179.8	132.0	67.7	245.3
	65 and over	72.8	211.7	147.6	79.8	284.4
	<b>TOTAL</b>		<b>728.5</b>	<b>1,435.9</b>	<b>972.2</b>	<b>595.8</b>
Total participation rate (%) (b)						
Males	15 to 24	14.4	58.2	42.8	30.4	72.6
	25 to 34	17.4	25.6	16.0	10.0	43.1
	35 to 44	19.4	28.1	16.1	10.2	47.5
	45 to 54	14.5	22.4	14.0	6.9*	37.5
	55 to 64	10.0*	22.8	14.4	7.9*	32.8
	65 and over	8.1*	21.3	14.5	8.6*	29.4
	<b>TOTAL</b>		<b>14.3</b>	<b>30.1</b>	<b>19.9</b>	<b>12.5</b>
Females	15 to 24	23.6	27.6	21.2	14.3	51.2
	25 to 34	16.3	18.7	10.9	7.8*	35.5
	35 to 44	11.8	20.6	11.0	6.1*	32.8
	45 to 54	7.9*	20.8	15.6	10.0	29.1
	55 to 64	7.2*	24.1	20.0	9.8*	31.3
	65 and over	8.3*	26.2	18.5	9.4	34.5
	<b>TOTAL</b>		<b>12.6</b>	<b>22.9</b>	<b>16.0</b>	<b>9.5</b>
Persons	15 to 24	19.0	43.1	32.2	22.5	62.1
	25 to 34	16.8	22.1	13.4	8.9	39.3
	35 to 44	15.6	24.3	13.5	8.1	40.0
	45 to 54	11.2	21.6	14.8	8.5	33.2
	55 to 64	8.5	23.5	17.2	8.8	32.0
	65 and over	8.2	23.9	16.7	9.0	32.2
	<b>TOTAL</b>		<b>13.4</b>	<b>26.4</b>	<b>17.9</b>	<b>11.0</b>

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

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

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

**Table 46: New South Wales organised participants — total participation in organised activities by type of organisation, age and sex, 2008 (a)**

Sex	Age group (years)	Fitness, leisure or indoor sports centre	Sport or recreation club or association (c)	Work	School	Other	Total organised participation
		Number ('000)					
Males	15 to 24	105.1	236.4	10.0**	112.5	45.6	336.4
	25 to 34	57.8	152.1	13.8*	3.8**	34.2*	201.9
	35 to 44	65.7	195.6	4.8**	6.1**	28.3*	228.6
	45 to 54	33.7*	130.3	5.0**	0.0**	28.3*	173.6
	55 to 64	19.3*	93.3	2.0**	0.0**	27.9*	124.6
	65 and over	26.8*	81.7	0.0**	0.0**	29.1*	119.8
	<b>TOTAL</b>		<b>308.4</b>	<b>889.3</b>	<b>35.6*</b>	<b>122.4</b>	<b>193.5</b>
Females	15 to 24	106.2	129.9	5.8**	91.2	36.6*	230.6
	25 to 34	88.2	97.2	9.5**	2.2**	32.6*	170.1
	35 to 44	90.3	91.7	3.9**	8.0**	28.2*	163.1
	45 to 54	62.4	61.9	9.1**	4.4**	30.0*	139.3
	55 to 64	55.4	51.0	4.8**	2.8**	44.9	120.7
	65 and over	52.9	87.7	0.0**	0.0**	70.1	164.6
	<b>TOTAL</b>		<b>455.4</b>	<b>519.4</b>	<b>33.1*</b>	<b>108.7</b>	<b>242.3</b>
Persons	15 to 24	211.3	366.3	15.8*	203.8	82.2	567.0
	25 to 34	146.0	249.2	23.3*	6.0**	66.8	372.0
	35 to 44	156.0	287.3	8.8**	14.1*	56.4	391.7
	45 to 54	96.1	192.1	14.1*	4.4**	58.3	312.9
	55 to 64	74.7	144.3	6.8**	2.8**	72.8	245.3
	65 and over	79.8	169.4	0.0**	0.0**	99.2	284.4
	<b>TOTAL</b>		<b>763.8</b>	<b>1,408.7</b>	<b>68.8</b>	<b>231.1</b>	<b>435.8</b>

Total participation rate (%) (b)

Males	15 to 24	22.7	51.0	2.2**	24.3	9.8	72.6
	25 to 34	12.3	32.4	2.9*	0.8**	7.3*	43.1
	35 to 44	13.7	40.7	1.0**	1.3**	5.9*	47.5
	45 to 54	7.3*	28.1	1.1**	0.0**	6.1*	37.5
	55 to 64	5.1*	24.6	0.5**	0.0**	7.3*	32.8
	65 and over	6.6*	20.1	0.0**	0.0**	7.2*	29.4
	<b>TOTAL</b>		<b>11.6</b>	<b>33.4</b>	<b>1.3*</b>	<b>4.6</b>	<b>7.3</b>
Females	15 to 24	23.6	28.8	1.3**	20.3	8.1*	51.2
	25 to 34	18.4	20.3	2.0**	0.5**	6.8*	35.5
	35 to 44	18.2	18.4	0.8**	1.6**	5.7*	32.8
	45 to 54	13.0	12.9	1.9**	0.9**	6.3*	29.1
	55 to 64	14.4	13.2	1.2**	0.7**	11.6	31.3
	65 and over	11.1	18.4	0**	0**	14.7	34.5
	<b>TOTAL</b>		<b>16.5</b>	<b>18.8</b>	<b>1.2*</b>	<b>3.9</b>	<b>8.8</b>
Persons	15 to 24	23.1	40.1	1.7*	22.3	9.0	62.1
	25 to 34	15.4	26.3	2.5*	0.6**	7.1	39.3
	35 to 44	15.9	29.4	0.9**	1.4*	5.8	40.0
	45 to 54	10.2	20.4	1.5*	0.5**	6.2	33.2
	55 to 64	9.7	18.8	0.9**	0.4**	9.5	32.0
	65 and over	9.0	19.2	0.0**	0.0**	11.2	32.2
	<b>TOTAL</b>		<b>14.1</b>	<b>25.9</b>	<b>1.3</b>	<b>4.3</b>	<b>8.0</b>

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

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

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

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

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

**Table 47: New South Wales participants — total participation in specific activities (organised and non-organised) by sex, 2008 (a)**

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	508.8	19.1	749.8	27.1	1,258.6	23.2
Aquarobics	4.1**	0.2**	49.6	1.8	53.7	1.0
Athletics/track and field	19.5*	0.7*	11.1*	0.4*	30.6*	0.6*
Australian rules football	27.8*	1.0*	4.0**	0.1**	31.8*	0.6*
Badminton	17.5*	0.7*	29.2*	1.1*	46.7	0.9
Baseball	16.8*	0.6*	0.0**	0.0**	16.8*	0.3*
Basketball	74.2	2.8	57.8	2.1	132.0	2.4
Billiards/snooker/pool	2.1**	0.1**	2.8**	0.1**	4.9**	0.1**
Boxing	32.3*	1.2*	25.7*	0.9*	57.9	1.1
Canoeing/kayaking	48.7	1.8	18.5*	0.7*	67.2	1.2
Carpet bowls	7.2**	0.3**	8.3**	0.3**	15.4*	0.3*
Cricket (indoor)	30.6*	1.1*	1.8**	0.1**	32.3*	0.6*
Cricket (outdoor)	125.1	4.7	47.2	1.7	172.3	3.2
Cycling	393.6	14.8	146.0	5.3	539.6	9.9
Dancing	10.2**	0.4**	110.8	4.0	121.0	2.2
Darts	0.0**	0.0**	3.3**	0.1**	3.3**	0.1**
Fishing	112.2	4.2	10.2**	0.4**	122.4	2.3
Football (indoor)	94.7	3.6	21.9*	0.8*	116.6	2.1
Football (outdoor)	273.8	10.3	104.5	3.8	378.3	7.0
Golf	337.0	12.7	82.6	3.0	419.7	7.7
Gymnastics	2.3**	0.1**	7.7**	0.3**	10.0**	0.2**
Hockey (indoor)	3.3**	0.1**	0.0**	0.0**	3.3**	0.1**
Hockey (outdoor)	39.2*	1.5*	38.8*	1.4*	78.0	1.4
Horse riding/equestrian activities/polo cross	12.0*	0.5*	37.8*	1.4*	49.8	0.9
Ice/snow sports	74.0	2.8	46.5	1.7	120.4	2.2
Lawn bowls	62.5	2.3	58.6	2.1	121.1	2.2
Martial arts	72.5	2.7	63.8	2.3	136.3	2.5
Motor sports	68.3	2.6	7.2**	0.3**	75.5	1.4
Netball	7.1**	0.3**	119.5	4.3	126.6	2.3
Orienteering	20.6*	0.8*	19.0*	0.7*	39.6*	0.7*
Rock climbing	18.9*	0.7*	7.2**	0.3**	26.2*	0.5*
Roller sports	14.5*	0.5*	2.3**	0.1**	16.8*	0.3*
Rowing	3.1**	0.1**	12.1*	0.4*	15.2*	0.3*
Rugby league	84.4	3.2	2.4**	0.1**	86.9	1.6
Rugby union	86.3	3.2	2.4**	0.1**	88.7	1.6
Running	336.0	12.6	218.5	7.9	554.5	10.2
Sailing	44.8	1.7	9.6**	0.3**	54.3	1.0
Scuba diving	14.2*	0.5*	8.3**	0.3**	22.5*	0.4*
Shooting sports	46.3	1.7	0.0**	0.0**	46.3	0.9
Softball	12.3*	0.5*	26.1*	0.9*	38.5*	0.7*
Squash/racquetball	67.2	2.5	8.4**	0.3**	75.6	1.4
Surf sports	125.8	4.7	23.9*	0.9*	149.7	2.8
Swimming	419.2	15.7	455.8	16.5	875.0	16.1
Table tennis	23.9*	0.9*	16.8*	0.6*	40.7*	0.7*
Tennis	217.6	8.2	190.0	6.9	407.6	7.5
Tenpin bowling	30.1*	1.1*	15.1*	0.5*	45.2	0.8
Touch football	177.8	6.7	93.2	3.4	271.0	5.0
Triathlons	17.7*	0.7*	6.5**	0.2**	24.2*	0.4*
Volleyball	13.7*	0.5*	34.0*	1.2*	47.7	0.9
Walking (bush)	161.4	6.1	224.2	8.1	385.6	7.1
Walking (other)	721.1	27.1	1,357.5	49.0	2,078.6	38.3
Water polo	11.4*	0.4*	2.8**	0.1**	14.2*	0.3*
Waterskiing/powerboating	38.9*	1.5*	21.2*	0.8*	60.1	1.1
Weight training	132.9	5.0	45.8	1.7	178.6	3.3
Yoga	14.8*	0.6*	180.2	6.5	195.0	3.6

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

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

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

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

**Table 48: New South Wales participants — total participation in specific activities by type of activity, 2008 (a)**

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	401.9	918.1	1,258.6	7.4	16.9	23.2
Aquarobics	40.2*	15.0*	53.7	0.7*	0.3*	1.0
Athletics/track and field	15.7*	18.2*	30.6*	0.3*	0.3*	0.6*
Australian rules football	30.0*	6.0**	31.8*	0.6*	0.1**	0.6*
Badminton	15.5*	33.0*	46.7	0.3*	0.6*	0.9
Baseball	16.8*	0.0**	16.8*	0.3*	0.0**	0.3*
Basketball	67.8	76.5	132.0	1.2	1.4	2.4
Billiards/snooker/pool	0.0**	4.9**	4.9**	0.0**	0.1**	0.1**
Boxing	31.6*	29.6*	57.9	0.6*	0.5*	1.1
Canoeing/kayaking	10.7**	62.0	67.2	0.2**	1.1	1.2
Carpet bowls	13.2*	2.2**	15.4*	0.2*	0.0**	0.3*
Cricket (indoor)	17.1*	15.2*	32.3*	0.3*	0.3*	0.6*
Cricket (outdoor)	80.9	105.7	172.3	1.5	1.9	3.2
Cycling	57.9	510.7	539.6	1.1	9.4	9.9
Dancing	84.0	44.2	121.0	1.5	0.8	2.2
Darts	3.3**	0.0**	3.3**	0.1**	0.0**	0.1**
Fishing	20.7*	117.9	122.4	0.4*	2.2	2.3
Football (indoor)	80.3	39.6*	116.6	1.5	0.7*	2.1
Football (outdoor)	256.7	149.1	378.3	4.7	2.7	7.0
Golf	220.4	264.3	419.7	4.1	4.9	7.7
Gymnastics	4.3**	8.5**	10.0**	0.1**	0.2**	0.2**
Hockey (indoor)	3.3**	0.0**	3.3**	0.1**	0.0**	0.1**
Hockey (outdoor)	78.0	0.0**	78.0	1.4	0.0**	1.4
Horse riding/equestrian activities/polocrosse	30.2*	28.0*	49.8	0.6*	0.5*	0.9
Ice/snow sports	20.4*	103.2	120.4	0.4*	1.9	2.2
Lawn bowls	107.1	21.9*	121.1	2.0	0.4*	2.2
Martial arts	111.4	40.1*	136.3	2.1	0.7*	2.5
Motor sports	28.2*	60.0	75.5	0.5*	1.1	1.4
Netball	106.2	38.6*	126.6	2.0	0.7*	2.3
Orienteering	28.3*	19.4*	39.6*	0.5*	0.4*	0.7*
Rock climbing	0.0**	26.2*	26.2*	0.0**	0.5*	0.5*
Roller sports	0.0**	16.8*	16.8*	0.0**	0.3*	0.3*
Rowing	2.6**	12.6*	15.2*	0.0**	0.2*	0.3*
Rugby league	65.4	31.2*	86.9	1.2	0.6*	1.6
Rugby union	74.4	25.6*	88.7	1.4	0.5*	1.6
Running	61.6	524.2	554.5	1.1	9.6	10.2
Sailing	39.4*	20.9*	54.3	0.7*	0.4*	1.0
Scuba diving	4.7**	17.7*	22.5*	0.1**	0.3*	0.4*
Shooting sports	22.3*	24.0*	46.3	0.4*	0.4*	0.9
Softball	35.7*	2.8**	38.5*	0.7*	0.1**	0.7*
Squash/racquetball	38.9*	49.1	75.6	0.7*	0.9	1.4
Surf sports	6.7**	149.7	149.7	0.1**	2.8	2.8
Swimming	141.7	785.5	875.0	2.6	14.5	16.1
Table tennis	17.7*	25.4*	40.7*	0.3*	0.5*	0.7*
Tennis	135.8	313.5	407.6	2.5	5.8	7.5
Tenpin bowling	15.9*	31.5*	45.2	0.3*	0.6*	0.8
Touch football	208.1	79.1	271.0	3.8	1.5	5.0
Triathlon	24.2*	0.0**	24.2*	0.4*	0.0**	0.4*
Volleyball	32.5*	15.2*	47.7	0.6*	0.3*	0.9
Walking (bush)	49.1	350.1	385.6	0.9	6.4	7.1
Walking (other)	63.4	2,065.4	2,078.6	1.2	38.0	38.3
Water polo	6.1**	8.1**	14.2*	0.1**	0.1**	0.3*
Waterskiing/powerboating	2.2**	60.1	60.1	0**	1.1	1.1
Weight training	25.5*	154.9	178.6	0.5*	2.9	3.3
Yoga	105.3	109.7	195.0	1.9	2.0	3.6

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

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

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

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