



Australian Government
 Australian Sports Commission

Participation in Exercise, Recreation and Sport



Annual Report 2009

State and Territory Tables for New South Wales



Communities
 Sport & Recreation



Government of Western Australia
 Department of Sport and Recreation



Government of South Australia
 Office for Recreation and Sport



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9.3.2 New South Wales

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

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

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

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

(c) Participants' activities are fully organised

(d) Participants' activities are fully non-organised

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

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

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

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

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

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

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

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

Table 40: All New South Wales persons — participation in any physical activity by frequency, age and sex, 2009 (a)

Sex	Age group (years)	None	Up to once per week (b)	One or two times per week (c)	Three or four times per week (d)	Five or more times per week	Do not know	Total
		Number ('000)						
Males	15 to 24	54.6	65.6	125.3	83.5	149.6	**0.0	478.6
	25 to 34	58.7	101.5	125.0	81.7	112.8	**4.8	484.5
	35 to 44	79.2	111.8	114.0	68.7	115.1	**0.0	488.8
	45 to 54	68.0	76.7	114.1	68.3	149.8	**0.0	476.9
	55 to 64	76.0	54.2	76.4	79.1	108.6	**0.0	394.3
	65 and over	125.1	48.0	76.5	71.8	101.9	**4.4	427.6
	TOTAL	461.7	457.7	631.2	453.1	737.8	**9.2	2,750.7
Females	15 to 24	82.3	49.1	129.2	71.1	131.6	**0.0	463.3
	25 to 34	97.3	60.9	99.5	125.0	108.5	**0.0	491.4
	35 to 44	94.2	48.5	97.6	136.4	119.8	**5.1	501.6
	45 to 54	96.3	42.3	94.3	124.6	132.2	**0.0	489.6
	55 to 64	70.7	*21.2	74.3	79.1	154.2	**1.5	401.0
	65 and over	139.9	*28.7	109.8	67.3	150.3	**0.0	495.9
	TOTAL	580.7	250.8	604.8	603.5	796.5	**6.7	2,842.9
Persons	15 to 24	136.9	114.7	254.5	154.7	281.2	**0.0	941.9
	25 to 34	156.0	162.5	224.6	206.8	221.3	**4.8	975.9
	35 to 44	173.4	160.3	211.6	205.1	234.9	**5.1	990.4
	45 to 54	164.3	119.0	208.4	192.9	282.0	**0.0	966.5
	55 to 64	146.7	75.4	150.7	158.2	262.8	**1.5	795.4
	65 and over	265.1	76.7	186.2	139.0	252.2	**4.4	923.6
	TOTAL	1,042.4	708.5	1,236.0	1,056.6	1,534.4	*15.9	5,593.7
Percentage of row (%)								
Males	15 to 24	11.4	13.7	26.2	17.5	31.3	**0.0	100.0
	25 to 34	12.1	21.0	25.8	16.9	23.3	**1.0	100.0
	35 to 44	16.2	22.9	23.3	14.1	23.5	**0.0	100.0
	45 to 54	14.3	16.1	23.9	14.3	31.4	**0.0	100.0
	55 to 64	19.3	13.7	19.4	20.1	27.5	**0.0	100.0
	65 and over	29.3	11.2	17.9	16.8	23.8	**1.0	100.0
	TOTAL	16.8	16.6	22.9	16.5	26.8	**0.3	100.0
Females	15 to 24	17.8	10.6	27.9	15.4	28.4	**0.0	100.0
	25 to 34	19.8	12.4	20.3	25.4	22.1	**0.0	100.0
	35 to 44	18.8	9.7	19.5	27.2	23.9	**1.0	100.0
	45 to 54	19.7	8.6	19.3	25.4	27.0	**0.0	100.0
	55 to 64	17.6	*5.3	18.5	19.7	38.5	**0.4	100.0
	65 and over	28.2	*5.8	22.1	13.6	30.3	**0.0	100.0
	TOTAL	20.4	8.8	21.3	21.2	28.0	**0.2	100.0
Persons	15 to 24	14.5	12.2	27.0	16.4	29.9	**0.0	100.0
	25 to 34	16.0	16.6	23.0	21.2	22.7	**0.5	100.0
	35 to 44	17.5	16.2	21.4	20.7	23.7	**0.5	100.0
	45 to 54	17.0	12.3	21.6	20.0	29.2	**0.0	100.0
	55 to 64	18.4	9.5	19.0	19.9	33.0	**0.2	100.0
	65 and over	28.7	8.3	20.2	15.1	27.3	**0.5	100.0
	TOTAL	18.6	12.7	22.1	18.9	27.4	*0.3	100.0

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

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

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

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

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

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

Table 41: New South Wales participants — participation in any physical activity by cumulative frequency, age and sex, 2009 (a)

Sex	Age group (years)	Less than once	Once per week	Twice per week	Three times per	Total
		per week	or more	or more	week or more	participation
		Number ('000)				
Males	15 to 24	65.6	358.4	311.3	233.2	424.0
	25 to 34	101.5	319.5	248.2	194.5	425.8
	35 to 44	111.8	297.8	229.6	183.8	409.6
	45 to 54	76.7	332.2	272.9	218.1	408.9
	55 to 64	54.2	264.1	234.1	187.7	318.3
	65 and over	48.0	250.1	213.4	173.7	302.5
	TOTAL		457.7	1,822.2	1,509.4	1,190.9
Females	15 to 24	49.1	331.9	249.8	202.7	381.0
	25 to 34	60.9	333.1	287.7	233.6	394.1
	35 to 44	48.5	353.8	306.3	256.2	407.5
	45 to 54	42.3	351.1	308.3	256.7	393.3
	55 to 64	*21.2	307.6	267.5	233.3	330.4
	65 and over	*28.7	327.3	280.4	217.5	356.0
	TOTAL		250.8	2,004.8	1,700.0	1,400.1
Persons	15 to 24	114.7	690.4	561.0	435.9	805.0
	25 to 34	162.5	652.6	535.9	428.1	819.9
	35 to 44	160.3	651.5	535.9	440.0	817.0
	45 to 54	119.0	683.2	581.1	474.8	802.2
	55 to 64	75.4	571.8	501.6	421.0	648.7
	65 and over	76.7	577.4	493.8	391.2	658.5
	TOTAL		708.5	3,827.0	3,209.4	2,591.0

Total participation rate (%) (c)

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

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

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

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

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

Table 42: New South Wales recent participants — recent participation in any physical activity by duration and age, 2009 (a)

		15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	Total
		Number ('000)						
Five hours or more	More than three sessions weekly	188.1	159.7	134.6	173.6	183.6	173.5	1,013.1
	Two or three sessions weekly	*38.2	*40.4	*21.1	*12.9	*28.4	41.2	182.1
	Less than two sessions weekly	**0.0	**8.8	**2.1	*16.6	**9.3	**8.2	45.1
	<i>Total</i>	226.3	208.9	157.8	203.2	221.3	222.9	1,240.3
Two hours or more but less than five hours	More than three sessions weekly	67.0	87.4	117.8	145.7	127.5	100.6	646.0
	Two or three sessions weekly	140.6	69.0	118.3	89.2	61.7	59.3	538.3
	Less than two sessions weekly	51.7	46.4	*35.4	42.9	*24.2	42.3	242.8
	<i>Total</i>	259.3	202.8	271.5	277.8	213.4	202.2	1,427.1
Less than two hours	More than three sessions weekly	**7.6	**8.8	*14.3	*19.6	**7.1	*18.9	76.4
	Two or three sessions weekly	52.2	86.9	72.3	61.8	43.4	*37.4	354.0
	Less than two sessions weekly	175.8	148.0	159.1	126.1	80.7	62.6	752.2
	<i>Total</i>	235.6	243.6	245.7	207.6	131.1	118.9	1,182.6
Total	More than three sessions weekly	262.7	255.8	266.8	339.0	318.2	293.0	1,735.5
	Two or three sessions weekly	231.0	196.3	211.7	163.9	133.5	137.9	1,074.3
	Less than two sessions weekly	227.5	203.2	196.6	185.6	114.2	113.1	1,040.1
	Total	721.2	655.2	675.0	688.6	565.9	544.0	3,850.0
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	4.9	4.1	3.5	4.5	4.8	4.5	26.3
	Two or three sessions weekly	*1.0	*1.0	*0.5	*0.3	*0.7	1.1	4.7
	Less than two sessions weekly	**0.0	**0.2	**0.1	*0.4	**0.2	**0.2	1.2
	<i>Total</i>	5.9	5.4	4.1	5.3	5.7	5.8	32.2
Two hours or more but less than five hours	More than three sessions weekly	1.7	2.3	3.1	3.8	3.3	2.6	16.8
	Two or three sessions weekly	3.7	1.8	3.1	2.3	1.6	1.5	14.0
	Less than two sessions weekly	1.3	1.2	*0.9	1.1	*0.6	1.1	6.3
	<i>Total</i>	6.7	5.3	7.1	7.2	5.5	5.3	37.1
Less than two hours	More than three sessions weekly	**0.2	**0.2	*0.4	*0.5	**0.2	*0.5	2.0
	Two or three sessions weekly	1.4	2.3	1.9	1.6	1.1	*1.0	9.2
	Less than two sessions weekly	4.6	3.8	4.1	3.3	2.1	1.6	19.5
	<i>Total</i>	6.1	6.3	6.4	5.4	3.4	3.1	30.7
Total	More than three sessions weekly	6.8	6.6	6.9	8.8	8.3	7.6	45.1
	Two or three sessions weekly	6.0	5.1	5.5	4.3	3.5	3.6	27.9
	Less than two sessions weekly	5.9	5.3	5.1	4.8	3.0	2.9	27.0
	Total	18.7	17.0	17.5	17.9	14.7	14.1	100.0

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport in the two weeks prior to interview in 2009

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

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

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

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

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

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

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

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

Table 44: All New South Wales persons — participation in organised physical activity by frequency, age and sex, 2009 (a)

Sex	Age group (years)	None	Up to once	One or two	Three or four	Five or	Do not know	Total
			per week (b)	times per week (c)	times per week (d)	more times per week		
		Number ('000)						
Males	15 to 24	187.7	96.3	86.5	73.3	*34.8	**0.0	478.6
	25 to 34	242.2	87.2	78.4	*32.3	*39.6	**4.8	484.5
	35 to 44	287.9	82.5	60.6	*30.1	*27.7	**0.0	488.8
	45 to 54	288.4	73.4	65.8	*36.3	*12.9	**0.0	476.9
	55 to 64	289.8	*24.6	41.6	*34.2	**4.1	**0.0	394.3
	65 and over	297.0	*39.9	72.4	*13.7	**4.6	**0.0	427.6
	TOTAL	1,592.9	403.9	405.5	220.0	123.7	**4.8	2,750.7
Females	15 to 24	223.9	46.3	84.2	67.1	41.9	**0.0	463.3
	25 to 34	321.6	85.5	*25.7	44.2	*14.4	**0.0	491.4
	35 to 44	317.3	70.9	69.0	*32.4	*12.1	**0.0	501.6
	45 to 54	327.2	46.8	58.1	*35.9	*21.8	**0.0	489.6
	55 to 64	261.2	*38.9	68.5	*20.9	*11.5	**0.0	401.0
	65 and over	337.8	*38.0	89.4	*25.7	**4.9	**0.0	495.9
	TOTAL	1,789.0	326.4	394.9	226.1	106.6	**0.0	2,842.9
Persons	15 to 24	411.6	142.6	170.7	140.3	76.7	**0.0	941.9
	25 to 34	563.7	172.7	104.2	76.5	54.0	**4.8	975.9
	35 to 44	605.2	153.3	129.6	62.5	*39.7	**0.0	990.4
	45 to 54	615.6	120.2	123.9	72.2	*34.7	**0.0	966.5
	55 to 64	551.0	63.5	110.1	55.1	*15.7	**0.0	795.4
	65 and over	634.8	77.9	161.9	*39.5	**9.5	**0.0	923.6
	TOTAL	3,381.9	730.3	800.3	446.1	230.3	**4.8	5,593.7

Percentage of row (%)

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

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

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

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

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

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

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

Table 45: New South Wales organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2009 (a) (b)

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	96.3	194.6	131.7	108.1	290.9
	25 to 34	87.2	150.3	81.5	71.9	242.4
	35 to 44	82.5	118.4	87.0	57.8	200.9
	45 to 54	73.4	115.1	74.0	49.2	188.5
	55 to 64	*24.6	79.9	66.7	*38.3	104.5
	65 and over	*39.9	90.8	44.8	*18.3	130.7
	TOTAL	403.9	749.1	485.8	343.7	1,157.8
Females	15 to 24	46.3	193.2	137.9	109.0	239.5
	25 to 34	85.5	84.3	65.3	58.6	169.8
	35 to 44	70.9	113.4	72.5	44.4	184.3
	45 to 54	46.8	115.7	75.9	57.6	162.5
	55 to 64	*38.9	100.9	58.2	*32.4	139.8
	65 and over	*38.0	120.1	70.4	*30.7	158.1
	TOTAL	326.4	727.6	480.2	332.7	1,054.0
Persons	15 to 24	142.6	387.7	269.6	217.0	530.3
	25 to 34	172.7	234.6	146.8	130.5	412.2
	35 to 44	153.3	231.8	159.5	102.2	385.2
	45 to 54	120.2	230.8	149.9	106.9	351.0
	55 to 64	63.5	180.8	125.0	70.7	244.3
	65 and over	77.9	210.9	115.2	49.0	288.8
	TOTAL	730.3	1,476.7	966.0	676.3	2,211.8

Total participation rate (%) (c)

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

(a) Relates to persons aged 15 years and over who participated in organised physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

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

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

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

Table 46: New South Wales organised participants — total participation in organised activities by type of organisation, age and sex, 2009 (a)

Sex	Age group (years)	Fitness, leisure or indoor sports centre	Sport or recreation club or association (c)	Work	School	Other	Total organised participation
		Number ('000)					
Males	15 to 24	96.5	191.0	*14.0	87.2	*34.5	290.9
	25 to 34	77.8	174.4	*20.6	**0.0	*36.4	242.4
	35 to 44	58.8	141.4	*19.8	**4.1	*35.7	200.9
	45 to 54	*33.0	136.9	**6.5	**2.0	*39.7	188.5
	55 to 64	*23.8	75.8	**6.1	**1.7	*25.8	104.5
	65 and over	*11.5	95.5	**0.0	**0.0	*34.7	130.7
	TOTAL		301.5	815.0	66.9	95.0	206.9
Females	15 to 24	134.1	174.3	**8.9	66.4	**10.1	239.5
	25 to 34	110.3	75.9	*18.9	**3.5	*28.4	169.8
	35 to 44	113.9	72.1	**10.6	**2.3	44.6	184.3
	45 to 54	78.6	96.2	**7.1	**2.3	*32.5	162.5
	55 to 64	51.2	56.5	**0.0	**1.5	48.8	139.8
	65 and over	48.4	84.8	**0.0	**0.0	46.2	158.1
	TOTAL		536.6	559.8	45.6	76.0	210.5
Persons	15 to 24	230.6	365.3	*23.0	153.6	44.6	530.3
	25 to 34	188.0	250.3	*39.5	**3.5	64.8	412.2
	35 to 44	172.8	213.5	*30.4	**6.4	80.3	385.2
	45 to 54	111.6	233.1	*13.6	**4.3	72.2	351.0
	55 to 64	75.1	132.3	**6.1	**3.2	74.6	244.3
	65 and over	60.0	180.2	**0.0	**0.0	80.9	288.8
	TOTAL		838.1	1,374.7	112.5	171.0	417.4

Total participation rate (%) (b)

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

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

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

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

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

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

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

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

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

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

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

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

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

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

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2009

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

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

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