

# PARTICIPATION IN EXERCISE RECREATION AND SPORT ANNUAL REPORT | 2003



Australian Government

Australian Sports Commission

Department of Communications,  
Information Technology and the Arts



**SPORT&RECREATIONACT**



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**Sport and Recreation Tasmania**  
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**Victoria**  
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# 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 third ERASS collection conducted in 2003.

The 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.

Total participation in physical activity for exercise, recreation and sport is used for the analysis in most tables to enable a more detailed breakdown of the data. This rate does not reflect the number of people who are physically active on a regular basis. Frequency data is more indicative of the number of people who are regularly active.

The survey is conducted quarterly throughout Australia. The fieldwork is undertaken by ACNielsen Research and the data analysed by the Australian Bureau of Statistics.

This publication presents information regarding the:

- level and frequency of participation in organised physical activity;
- type of participation in physical activity; and
- trends in participation over time.

Information is available for both organised and non-organised sport, for all States and Territories and for a variety of demographic variables.

The survey will be conducted again in 2004, 2005 and 2006 furthering the time series and ensuring the ongoing monitoring of participation trends.

# Main findings

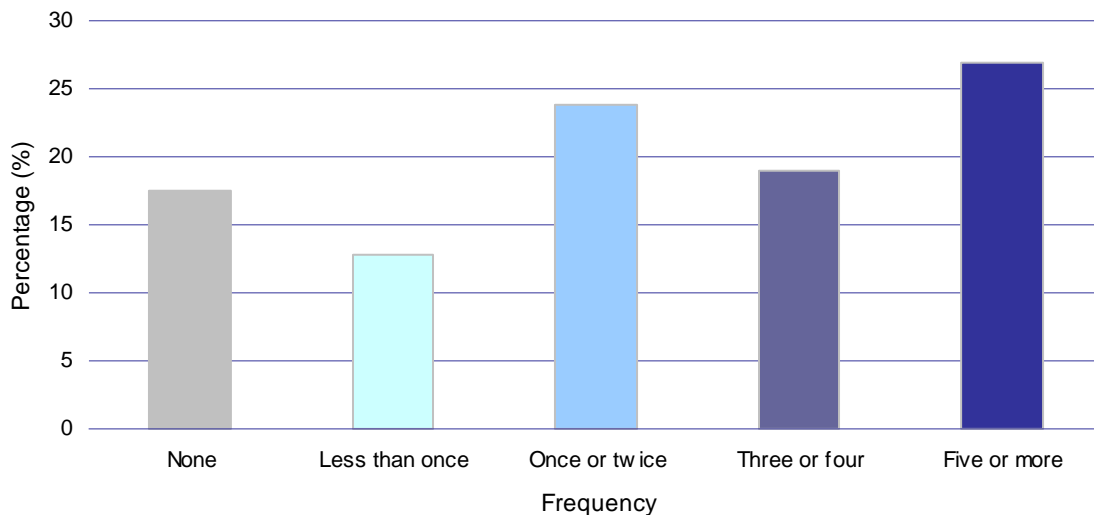
## Overall participation

### Overview

During the 12 months prior to interview in 2003, an estimated 12.9 million Australians aged 15 years and over participated in at least one physical activity for exercise, recreation or sport, a participation rate of 82.5% (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 4.2 million Australians aged 15 years and over exercised five or more times per week (27.0%) (Figure 1). A total of 2.7 million people did not participate in any sport or physical activity in the 12 months prior to interview (Table 3). 10.9 million people (69.7%) participated at least once per week (Table 4).

**Figure 1 Weekly Frequency of Participation (Base = Australians aged 15 and over)**

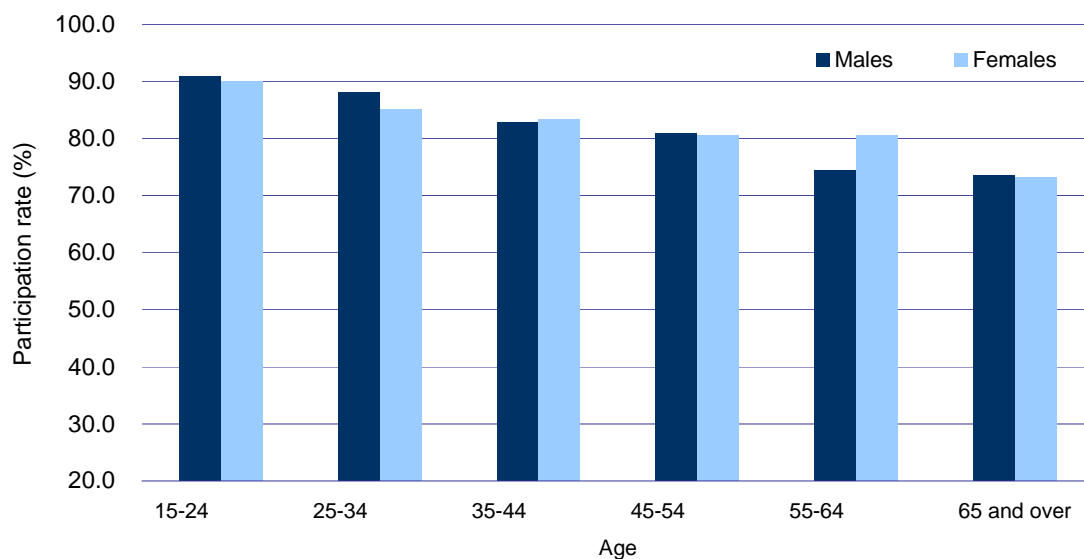


### Age and gender

The overall participation rate for males and females was similar (82.6% and 82.4% respectively) (Table 1).

People aged 15 to 24 had the highest participation rate (90.4%), declining to (73.3%) for those aged 65 years and over (Figure 2 and Table 1).

**Figure 2 Participation rates by age and sex (Base = All people aged 15 and over)**



## Region

Across Australia all States and Territories experienced an increase in participation rates from 2002 to 2003. Victoria experienced the highest increase in participation (6.1%) (Table 24).

## Labour force status

Those not in the labour force, including students and retired persons, had a significantly lower participation rate (77.2%) than those employed (85.2%) and unemployed (80.8%) (Table 1).

## Education

Participation rates increased with level of educational attainment, from (74.8%) for those that did not complete secondary school to (90.7%) for those with a university degree. The highest participation rate was for those persons still at secondary school (96.3%) (Table 1).

## Type of activity

The activity with the highest participation rate was walking (37.9%). An estimated 5.9 million Australians aged 15 years and over walked at least once for exercise, recreation or sport in the 12 months prior to interview. This does not include bushwalking (5.8%), reported as a separate activity. Other sports and physical activities that attracted high participation rates were aerobics/fitness (16.0%), swimming (15.3%), cycling (9.4%) and tennis (9.0%) (Table 8).

**Box 1 Top ten activities 2003, 2002 and 2001**

(Base = Australians aged 15 and over)

2003 Rank	Activity	2003 Number of participants ('000)	2002 Rank	2002 number of participants ('000)	% change 2002–03	2001 Rank	2001 Number of participants ('000)	% change 2001–02
1	Walking	5,905.6	1	4,720.3	25.1	1	4,355.9	8.4
2	Aerobics/fitness	2,487.6	3	2,236.9	11.2	3	1,961.0	14.1
3	Swimming	2,383.1	2	2,278.0	4.6	2	2,415.5	-5.7
4	Cycling	1,471.8	4	1,419.4	3.7	4	1,438.3	-1.3
5	Tennis	1,407.3	6	1,260.5	11.6	5	1,381.8	-8.8
6	Golf	1,282.6	5	1,337.1	-4.1	6	1,240.2	7.8
7	Running	1,181.1	7	1,161.8	1.7	7	1,084.3	7.1
8	Bushwalking	902.5	8	855.5	5.5	8	794.9	7.6
9	Soccer (outdoor)	669.3	9	693.2	-3.4	10	551.3	25.7
10	Netball	614.0	10	624.6	-1.7	9	612.4	2.0

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 (27.2%), swimming (13.4%), golf (13.3%), cycling (12.4%) and aerobics/fitness (11.9%).

For females, activities with the highest participation rates were walking (48.5%), aerobics/fitness (20.0%), swimming (17.1%), tennis (8.6%) and netball (6.9%).

In the youngest age group, 15 to 24 year olds, the activities that attracted the most participants were aerobics/fitness (19.3%), swimming (16.7%) and walking (16.3%). For the oldest age group, 65 years and over, walking (48.2%), aerobics/fitness (11.9%) and lawn bowls (9.3%) attracted the most participants.

Activities with the highest medians (that is, those that are most frequently participated in) were walking (3.0 times per week), aerobics/fitness, boxing, running and weight training (2.0 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 2.2 different activities compared to an average of 2.1 different activities for female participants.

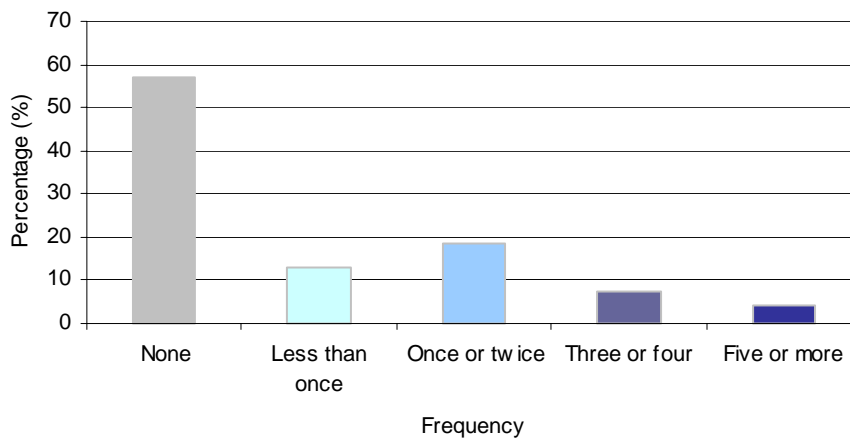
# Organised participation

## Overview

During the 12 months prior to interview in 2003, an estimated 6.7 million Australians aged 15 years and over participated in at least one activity that was organised by a club, association or other type of organisation. This represents a participation rate of 42.8% (Table 14). It also represents over half (51.8%) of the 12.9 million persons who participated in sport or physical activity.

In terms of frequency, 8.9 million Australians (57.2%) did not participate in organised physical activities during 2003. Two million (12.8%), participated less than once a week, 2.9 million (18.4%) participated once or twice a week, 1.2 million (7.6%) participated three or four times and 622,000 (4.0%) participated five times or more (Figure 4 and Table 3).

**Figure 4 Weekly Frequency of Participation - Organised Physical Activity  
(Base = Australians aged 15 and over)**



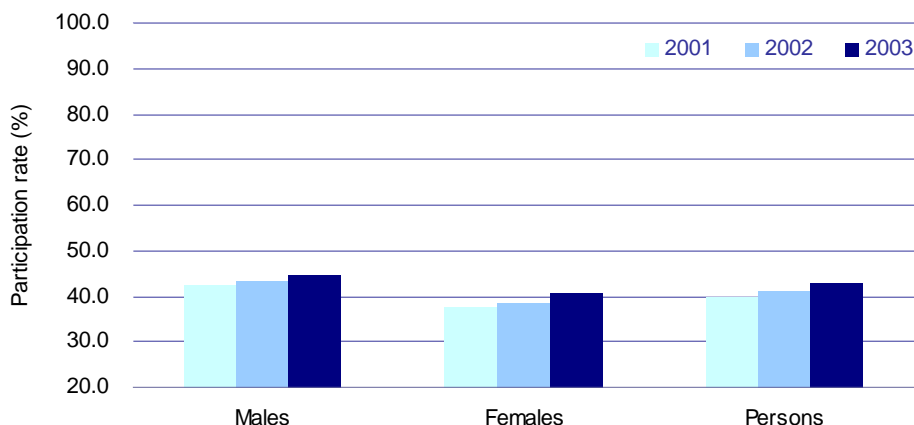


## Age and gender

Of the 6.7 million persons who participated in organised sport or physical activity, participation was higher for males (44.8%) than for females (40.8%) (Figure 5 and table 14).

Organised participation rates were highest in the 15 to 24 year age group (65.2%), and declined steadily with age to 31.6% for persons aged 55 years and over.

**Figure 5: Organised activity participation rates by sex**  
(Base = Australians aged 15 and over)



## Region

Across Australia, the participation rate for organised sport and physical activities increased from 40.9% in 2002 to 42.8% in 2003. (Table 25).

## Type of activity

The organised activity with the highest participation rate was aerobics/fitness (8.4%). An estimated 1.3 million persons aged 15 years and over participated in this activity in an organised environment at least once in the 12 months prior to interview. Other sports and physical activities with highly organised participation were golf (4.7%), tennis (3.8%), netball (3.5%), and outdoor soccer and swimming (2.8%) (Table 13).

Participants in organised sports or physical activity engaged in an average (mean) of 1.5 different organised activities in the 12 months prior to interview (Table 12).

<b>Box 2 Top ten activities by number of participants in organised physical activity 2003, 2002 and 2001 (Base = Australians aged 15 and over)</b>								
2003 Rank	Activity	2003 number of participants ('000)	2002 Rank	2002 number of participants ('000)	% change 2002-03	2001 Rank	2001 number of participants ('000)	% change 2001-02
1	Aerobics/fitness	1,305.8	1	1,087.4	20.1	1	966.5	12.5
2	Golf	729.3	2	709.5	2.8	2	655.1	8.3
3	Tennis	590.5	3	541.9	9.0	3	548.7	-1.2
4	Netball	546.0	4	523.6	4.3	4	533.2	-1.8
5	Swimming	434.4	8	333.3	30.3	8	332.5	0.2
6	Soccer (outdoor)	428.7	5	467.9	-8.4	5	377.5	23.9
7	Basketball	369.0	6	432.0	-14.6	6	364.3	18.6
8	Lawn bowls	355.0	7	337.1	5.3	10	275.9	22.2
9	Cricket (outdoor)	334.0	9	327.4	2.0	9	279.3	17.2
10	Yoga	322.1	12	294.1	9.5	15	340.8	-13.7

## Organisation of the activity

An estimated 4.4 million Australians participated in activities that were organised by a 'sport or recreation club or association'. An estimated 2.4 million persons participated in activities that were organised by a 'fitness, leisure or indoor sports centre' (Table 15).

## Organised versus non-organised participation

Activities where participation is most often organised by a club, association or other organisation include carpet bowls (98% of carpet bowls participants engaged at least once in organised carpet bowls), lawn bowls (97%), water polo (96%), softball (94%), and athletics/track and field, surf lifesaving and triathlons (93%) (Table 13).

Activities least likely to be organised include walking (only 3% of walking participants engaged in organised walking), waterskiing/powerboating and fishing (8%), cycling (9%), running and surf sports (11%).

## Comparison with 2002

### Overall participation

Participation increased by 4.7% to 82.5% for persons aged 15 years and over who participated in at least one physical activity for exercise, recreation or sport. The participation rate for males increased from 78.7% to 82.6%, and from 77.0% to 82.4% for females (Table 24).

The participation rate increased in all states and territories. The increases ranged from 6.1% to 2.1%.

## **Organised participation**

For persons participating in at least one organised sport or physical activity, the organised participation rate has increased from 40.9% in 2002 to 42.8% in 2003. The participation rate for males increased from 43.5% to 44.8%, and for females participation has increased from 38.4% to 40.8% (Table 25).

Across Australia, most States and Territories experienced an increase in organised participation from 2002 to 2003. Victoria experienced the largest increase in organised participation at 5.1 percentage points.

**Table 1. All participants in sport and physical activities<sup>a</sup>: Selected characteristics, 2003**

	Males		Females		Persons	
	Number '000	Participation rate %	Number '000	Participation rate %	Number '000	Participation rate %
<b>Age group (years)</b>						
15–24	1,266.4	90.8	1,213.9	90.0	2,480.3	90.4
25–34	1,300.5	88.1	1,254.3	85.1	2,554.8	86.6
35–44	1,216.4	82.9	1,233.4	83.3	2,449.8	83.1
45–54	1,081.6	80.8	1,082.7	80.5	2,164.3	80.6
55–64	744.4	74.5	790.2	80.6	1,534.6	77.5
65 and over	767.7	73.6	899.3	73.2	1,666.9	73.3
<b>Region</b>						
Capital cities	4,222.3	85.1	4,271.3	83.8	8,493.6	84.4
Rest of state	2,154.6	78.1	2,202.6	79.8	4,357.1	79.0
<b>Employment status</b>						
Employed full-time	3,921.4	84.6	1,953.1	85.0	5,874.5	84.7
Employed part-time	786.7	85.6	1,866.3	86.5	2,653.0	86.2
<i>Total employed</i>	<i>4,708.1</i>	<i>84.8</i>	<i>3,819.3</i>	<i>85.7</i>	<i>8,527.5</i>	<i>85.2</i>
Unemployed	264.6	75.5	312.8	85.9	577.4	80.8
Not in the labour force	1,404.1	77.4	2,341.8	77.1	3,745.9	77.2
<b>Marital status</b>						
Married	3,475.4	81.5	3,538.1	82.2	7,013.5	81.8
Not married	2,889.4	84.0	2,912.2	82.7	5,801.5	83.4
Refused / don't know	12.0*	83.2*	23.6*	71.2*	35.6	74.9
<b>Children aged under 18 years in the household</b>						
At least one child under 18 at home	1,685.4	83.8	2,028.3	81.5	3,713.7	82.5
At least one child under 18 — none at home	256.1	84.0	83.1	77.8	339.2	82.4
No children aged under 18	4,435.4	82.1	4,362.5	82.9	8,797.9	82.5
<b>Highest educational attainment</b>						
University degree or higher (including postgraduate diploma)	1,613.2	91.0	1,523.2	90.3	3,136.4	90.7
Undergraduate diploma or associate diploma	418.8	85.0	572.9	87.4	991.7	86.4
Certificate, trade qualification or apprenticeship	985.3	81.3	679.6	82.8	1,664.9	81.9
Highest level of secondary school	1,497.6	82.3	1,564.1	80.1	3,061.7	81.2
Did not complete highest level of school	1,453.8	73.8	1,730.3	75.6	3,184.1	74.8
Never went to school	5.9**	26.9**	10.8*	55.1*	16.7*	40.2*
Still at secondary school	361.3	96.4	347.1	96.2	708.4	96.3
Other	17.5*	62.9*	31.8	63.4	49.3	63.2
Refused	23.4*	82.9*	14.1*	62.1*	37.5	73.6
<b>Total</b>	<b>6,376.8</b>	<b>82.6</b>	<b>6,473.9</b>	<b>82.4</b>	<b>12,850.7</b>	<b>82.5</b>

<sup>a</sup> 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

\* 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 in sport and physical activities: States and Territories by Age and Gender<sup>a</sup>, 2003**

	Age group (years)	ACT '000	NSW '000	NT '000	QLD '000	SA '000	TAS '000	VIC '000	WA '000	Australia '000
Males	15–24	22.6	418.1	12.5	245.0	91.6	28.8	312.1	135.7	1,266.4
	25–34	24.3	442.2	15.4	231.2	84.5	23.7	353.6	125.6	1,300.5
	35–44	20.0	398.9	12.8	222.5	97.0	27.3	312.8	125.1	1,216.4
	45–54	18.8	371.0	11.4	184.6	84.8	27.0	268.4	115.5	1,081.6
	55–64	13.0	252.6	5.3	133.6	65.8	19.2	184.0	70.9	744.4
	65 and over	9.8	271.1	2.1	132.3	66.6	19.6	202.9	63.2	767.7
	<i>Total</i>		<i>108.5</i>	<i>2,153.9</i>	<i>59.5</i>	<i>1,149.1</i>	<i>490.3</i>	<i>145.6</i>	<i>1,633.8</i>	<i>636.1</i>
Females	15–24	21.7	388.4	12.1	226.3	88.5	28.6	316.7	131.6	1,213.9
	25–34	21.9	413.9	15.7	229.3	88.8	26.3	331.3	127.1	1,254.3
	35–44	21.0	403.6	12.3	232.0	94.3	28.5	308.0	133.8	1,233.4
	45–54	19.5	326.0	9.8	221.9	83.6	28.7	276.2	117.1	1,082.7
	55–64	13.8	253.1	5.4	151.2	65.2	20.5	211.1	70.0	790.2
	65 and over	12.1	316.1	2.4	143.6	82.3	20.5	240.6	81.6	899.3
	<i>Total</i>		<i>110.1</i>	<i>2,101.1</i>	<i>57.7</i>	<i>1,204.2</i>	<i>502.6</i>	<i>153.1</i>	<i>1,684.0</i>	<i>661.1</i>
Persons	15–24	44.3	806.5	24.7	471.3	180.2	57.4	628.8	267.3	2,480.3
	25–34	46.2	856.1	31.0	460.4	173.3	50.0	685.0	252.7	2,554.8
	35–44	41.0	802.5	25.1	454.5	191.3	55.8	620.8	258.9	2,449.8
	45–54	38.3	697.0	21.2	406.5	168.4	55.7	544.6	232.6	2,164.3
	55–64	26.9	505.7	10.7	284.7	130.9	39.7	395.1	140.9	1,534.6
	65 and over	22.0	587.2	4.5	276.0	148.9	40.1	443.5	144.8	1,666.9
<b>Total</b>		<b>218.6</b>	<b>4,255.0</b>	<b>117.2</b>	<b>2,353.4</b>	<b>992.9</b>	<b>298.7</b>	<b>3,317.8</b>	<b>1,297.2</b>	<b>12,850.7</b>

**Table 2 continued. All participants in sport and physical activities: States and Territories by age and Gender<sup>a</sup>, 2003**

	Age group (years)	ACT '000	NSW '000	NT '000	QLD '000	SA '000	TAS '000	VIC '000	WA '000	Australia '000
		Participation rate (%)								
Males	15–24	93.7	91.1	89.2	91.7	89.4	89.8	88.7	94.7	90.8
	25–34	93.3	89.3	84.9	84.7	81.0	82.5	92.1	85.2	88.1
	35–44	86.4	80.8	76.8	80.5	87.7	82.8	85.6	84.5	82.9
	45–54	86.7	83.2	88.0	72.0	81.0	81.5	82.1	84.0	80.8
	55–64	87.3	75.5	66.3	68.4	82.6	73.6	75.6	72.9	74.5
	65 and over	81.4	75.5	56.8	69.7	72.4	71.0	76.4	67.5	73.6
	<i>Total</i>	<i>89.0</i>	<i>83.2</i>	<i>81.0</i>	<i>78.8</i>	<i>82.6</i>	<i>80.6</i>	<i>84.4</i>	<i>82.9</i>	<i>82.6</i>
Females	15–24	93.1	87.8	88.1	87.2	89.7	92.1	93.1	93.9	90.0
	25–34	86.8	83.0	89.5	82.5	87.9	86.1	87.8	87.9	85.1
	35–44	87.3	82.2	81.8	81.8	84.3	81.6	82.8	90.5	83.3
	45–54	85.0	73.5	83.5	86.3	78.3	84.9	82.8	86.2	80.5
	55–64	93.7	77.2	88.5	80.1	80.5	79.2	86.3	75.8	80.6
	65 and over	85.8	73.8	70.8	67.7	74.1	61.8	75.5	75.3	73.2
	<i>Total</i>	<i>88.4</i>	<i>79.8</i>	<i>85.4</i>	<i>81.4</i>	<i>82.4</i>	<i>80.9</i>	<i>84.8</i>	<i>86.0</i>	<i>82.4</i>
Persons	15–24	93.4	89.5	88.6	89.5	89.6	91.0	90.9	94.3	90.4
	25–34	90.1	86.1	87.1	83.6	84.4	84.4	90.0	86.5	86.6
	35–44	86.9	81.5	79.1	81.1	86.0	82.2	84.2	87.5	83.1
	45–54	85.8	78.4	85.9	79.2	79.7	83.2	82.5	85.1	80.6
	55–64	90.5	76.3	75.8	74.2	81.6	76.4	81.0	74.3	77.5
	65 and over	83.8	74.6	63.5	68.6	73.3	66.0	75.9	71.7	73.3
<b>Total</b>		<b>88.7</b>	<b>81.5</b>	<b>83.1</b>	<b>80.1</b>	<b>82.5</b>	<b>80.7</b>	<b>84.6</b>	<b>84.4</b>	<b>82.5</b>

<sup>a</sup> 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

**Table 3. All persons aged 15 years and over: Frequency of participation, 2003**

	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
<b>Age group (years)</b>						
Males 15–24	127.5	190.8	363.2	311.4	401.0	1393.9
25–34	176.1	231.9	444.3	297.7	326.6	1476.6
35–44	250.4	293.1	377.5	244.0	301.8	1466.7
45–54	257.5	230.6	315.2	241.8	294.0	1339.1
55–64	255.1	130.4	190.1	149.7	274.1	999.4
65 and over	276.0	83.3	190.8	133.1	360.5	1043.6
<i>Total</i>	<i>1342.6</i>	<i>1160.0</i>	<i>1881.1</i>	<i>1377.6</i>	<i>1958.1</i>	<i>7719.4</i>
Females 15–24	135.0	192.9	378.3	270.8	372.0	1349.0
25–34	219.0	177.0	355.5	310.5	411.3	1473.4
35–44	246.7	168.6	346.9	335.8	382.2	1480.1
45–54	262.1	122.3	281.4	304.4	374.6	1344.8
55–64	190.8	88.7	190.1	180.0	331.3	980.9
65 and over	330.0	91.6	271.5	184.8	351.4	1229.3
<i>Total</i>	<i>1383.7</i>	<i>841.0</i>	<i>1823.7</i>	<i>1586.4</i>	<i>2222.8</i>	<i>7857.6</i>
Persons 15–24	262.6	383.6	741.5	582.2	773.0	2742.9
25–34	395.2	408.8	799.9	608.2	737.9	2950.0
35–44	497.1	461.7	724.4	579.7	684.0	2946.8
45–54	519.6	352.9	596.6	546.2	668.6	2683.9
55–64	445.8	219.1	380.2	329.8	605.5	1980.4
65 and over	606.0	174.9	462.3	317.9	711.8	2272.9
<i>Total</i>	<i>2726.3</i>	<i>2001.0</i>	<i>3704.8</i>	<i>2964.0</i>	<i>4180.9</i>	<i>15577.0</i>

**Table 3 continued All persons aged 15 years and over: Frequency of participation, 2003**

		Proportion of each demographic group within each category (row percentages)					Total
		None	Zero–once per week <sup>a</sup>	Once or twice per week <sup>b</sup>	Three or four times per week <sup>c</sup>	Five or more times per week	
		%	%	%	%	%	%
Males	15–24	9.2	13.7	26.1	22.3	28.8	100.0
	25–34	11.9	15.7	30.1	20.2	22.1	100.0
	35–44	17.1	20.0	25.7	16.6	20.6	100.0
	45–54	19.2	17.2	23.5	18.1	22.0	100.0
	55–64	25.5	13.1	19.0	15.0	27.4	100.0
	65 and over	26.4	8.0	18.3	12.8	34.5	100.0
	<i>Total</i>	<i>17.4</i>	<i>15.0</i>	<i>24.4</i>	<i>17.8</i>	<i>25.4</i>	<i>100.0</i>
Females	15–24	10.0	14.3	28.0	20.1	27.6	100.0
	25–34	14.9	12.0	24.1	21.1	27.9	100.0
	35–44	16.7	11.4	23.4	22.7	25.8	100.0
	45–54	19.5	9.1	20.9	22.6	27.9	100.0
	55–64	19.4	9.0	19.4	18.4	33.8	100.0
	65 and over	26.8	7.5	22.1	15.0	28.6	100.0
	<i>Total</i>	<i>17.6</i>	<i>10.7</i>	<i>23.2</i>	<i>20.2</i>	<i>28.3</i>	<i>100.0</i>
Persons	15–24	9.6	14.0	27.0	21.2	28.2	100.0
	25–34	13.4	13.9	27.1	20.6	25.0	100.0
	35–44	16.9	15.7	24.6	19.7	23.2	100.0
	45–54	19.4	13.1	22.2	20.4	24.9	100.0
	55–64	22.5	11.1	19.2	16.7	30.6	100.0
	65 and over	26.7	7.7	20.3	14.0	31.3	100.0
	<i>Total</i>	<i>17.5</i>	<i>12.8</i>	<i>23.8</i>	<i>19.0</i>	<i>26.8</i>	<i>100.0</i>

<sup>a</sup> More than zero and less than once per week

<sup>b</sup> Once or more and less than three times per week

<sup>c</sup> Three or more times and less than five times per week



Table 3 continued

## All persons aged 15 years and over: Frequency of participation, 2003

Age group (years)	None '000	Zero–once per week <sup>a</sup> per week <sup>b</sup> '000	Once or twice per per week <sup>c</sup> '000	Three or four times per week '000	Five or more times '000	Total '000
Males 15–24	463.2	229.6	371.5	166.3	163.4	1393.9
25–34	679.5	203.3	385.7	160.7	47.5	1476.6
35–44	848.7	275.5	228.2	84.4	29.9	1466.7
45–54	853.0	215.9	176.0	70.9	23.2*	1339.1
55–64	689.3	103.2	145.1	50.6	11.3*	999.4
65 and over	728.4	68.8	165.1	59.2	22.1*	1043.6
<i>Total</i>	<i>4262.1</i>	<i>1096.3</i>	<i>1471.6</i>	<i>592.0</i>	<i>297.5</i>	<i>7719.4</i>
Females 15–24	492.3	212.0	335.2	190.9	118.5	1349.0
25–34	840.5	179.2	274.6	114.6	64.5	1473.4
35–44	902.3	192.0	242.3	82.3	61.2	1480.1
45–54	928.0	125.9	182.7	79.0	29.3	1344.8
55–64	664.9	95.4	135.8	60.8	24.1*	980.9
65 and over	826.1	87.1	229.2	59.8	27.0	1229.3
<i>Total</i>	<i>4654.1</i>	<i>891.6</i>	<i>1399.8</i>	<i>587.4</i>	<i>324.7</i>	<i>7857.6</i>
Persons 15–24	955.5	441.6	706.7	357.2	281.9	2742.9
25–34	1520.0	382.5	660.3	275.3	112.0	2950.0
35–44	1751.1	467.5	470.5	166.7	91.1	2946.8
45–54	1781.0	341.8	358.7	149.9	52.5	2683.9
55–64	1354.2	198.5	280.8	111.4	35.5	1980.4
65 and over	1554.5	156.0	394.4	119.0	49.2	2272.9
<i>Total</i>	<i>8916.2</i>	<i>1987.8</i>	<i>2871.4</i>	<i>1179.4</i>	<i>622.1</i>	<i>15577.0</i>

Table 3 continued

## All persons aged 15 years and over: Frequency of participation, 2003

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

	None	Zero–once per week <sup>a</sup>	Once or twice per	Three or four times week <sup>b</sup>	Five or more times per week <sup>c</sup>	Total per week
	%	%	%	%	%	%
Males 15–24	33.2	16.5	26.7	11.9	11.7	100.0
25–34	46.0	13.8	26.1	10.9	3.2	100.0
35–44	57.9	18.8	15.6	5.8	2.0	100.0
45–54	63.7	16.1	13.1	5.3	1.7*	100.0
55–64	69.0	10.3	14.5	5.1	1.1*	100.0
65 and over	69.8	6.6	15.8	5.7	2.1*	100.0
<i>Total</i>	<i>55.2</i>	<i>14.2</i>	<i>19.1</i>	<i>7.7</i>	<i>3.9</i>	<i>100.0</i>
Females 15–24	36.5	15.7	24.8	14.2	8.8	100.0
25–34	57.0	12.2	18.6	7.8	4.4	100.0
35–44	61.0	13.0	16.4	5.6	4.1	100.0
45–54	69.0	9.4	13.6	5.9	2.2	100.0
55–64	67.8	9.7	13.8	6.2	2.5*	100.0
65 and over	67.2	7.1	18.6	4.9	2.2	100.0
<i>Total</i>	<i>59.2</i>	<i>11.3</i>	<i>17.8</i>	<i>7.5</i>	<i>4.1</i>	<i>100.0</i>
Persons 15–24	34.8	16.1	25.8	13.0	10.3	100.0
25–34	51.5	13.0	22.4	9.3	3.8	100.0
35–44	59.4	15.9	16.0	5.7	3.1	100.0
45–54	66.4	12.7	13.4	5.6	2.0	100.0
55–64	68.4	10.0	14.2	5.6	1.8	100.0
65 and over	68.4	6.9	17.4	5.2	2.2	100.0
<i>Total</i>	<i>57.2</i>	<i>12.8</i>	<i>18.4</i>	<i>7.6</i>	<i>4.0</i>	<i>100.0</i>

<sup>a</sup> More than zero and less than once per week

<sup>b</sup> Once or more and less than three times per week

<sup>c</sup> 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

**Table 4. Sport and physical activities by frequency of participation — Cumulative<sup>a</sup>, 2003**

Age group (years)	Less than once a week '000	Once a week or more '000	Twice a week or more '000	Three times a week or more '000	Total participation '000
Males					
15–24	190.8	1075.6	860.6	712.4	1266.4
25–34	231.9	1068.6	833.0	624.3	1300.5
35–44	293.1	923.3	706.2	545.8	1216.4
45–54	230.6	850.9	694.8	535.7	1081.6
55–64	130.4	613.9	524.9	423.9	744.4
65 and over	83.3	684.4	613.6	493.6	767.7
<i>Total</i>	<i>1160.0</i>	<i>5216.8</i>	<i>4233.0</i>	<i>3335.7</i>	<i>6376.8</i>
Females					
15–24	192.9	1021.1	819.7	642.8	1213.9
25–34	177.0	1077.4	912.9	721.8	1254.3
35–44	168.6	1064.8	892.7	718.0	1233.4
45–54	122.3	960.5	823.1	679.0	1082.7
55–64	88.7	701.5	597.5	511.4	790.2
65 and over	91.6	807.7	684.5	536.2	899.3
<i>Total</i>	<i>841.0</i>	<i>5632.9</i>	<i>4730.4</i>	<i>3809.2</i>	<i>6473.9</i>
Persons					
15–24	383.6	2096.7	1680.3	1355.2	2480.3
25–34	408.8	2146.0	1745.9	1346.1	2554.8
35–44	461.7	1988.1	1598.9	1263.8	2449.8
45–54	352.9	1811.4	1517.9	1214.8	2164.3
55–64	219.1	1315.4	1122.3	935.2	1534.6
65 and over	174.9	1492.1	1298.1	1029.8	1666.9
<i>Total</i>	<i>2001.0</i>	<i>10849.7</i>	<i>8963.4</i>	<i>7144.9</i>	<i>12850.7</i>

**Table 4 continued. Sport and physical activities by frequency of participation — Cumulative<sup>a</sup>, 2003**

		Less than once a week	Once a week or more	Twice a week or more	Three times a week or more	Total participation
		Participation rate (%)				
Males	15–24	13.7	77.2	61.7	51.1	90.8
	25–34	15.7	72.4	56.4	42.3	88.1
	35–44	20.0	62.9	48.1	37.2	82.9
	45–54	17.2	63.5	51.9	40.0	80.8
	55–64	13.1	61.4	52.5	42.4	74.5
	65 and over	8.0	65.6	58.8	47.3	73.6
	<i>Total</i>	<i>15.0</i>	<i>67.6</i>	<i>54.8</i>	<i>43.2</i>	<i>82.6</i>
Females	15–24	14.3	75.7	60.8	47.7	90.0
	25–34	12.0	73.1	62.0	49.0	85.1
	35–44	11.4	71.9	60.3	48.5	83.3
	45–54	9.1	71.4	61.2	50.5	80.5
	55–64	9.0	71.5	60.9	52.1	80.6
	65 and over	7.5	65.7	55.7	43.6	73.2
	<i>Total</i>	<i>10.7</i>	<i>71.7</i>	<i>60.2</i>	<i>48.5</i>	<i>82.4</i>
Persons	15–24	14.0	76.4	61.3	49.4	90.4
	25–34	13.9	72.7	59.2	45.6	86.6
	35–44	15.7	67.5	54.3	42.9	83.1
	45–54	13.1	67.5	56.6	45.3	80.6
	55–64	11.1	66.4	56.7	47.2	77.5
	65 and over	7.7	65.6	57.1	45.3	73.3
	<i>Total</i>	<i>12.8</i>	<i>69.7</i>	<i>57.5</i>	<i>45.9</i>	<i>82.5</i>

<sup>a</sup> 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

**Table 5. All participants in organised activities: Frequency of participation — Cumulative<sup>a</sup>, 2003**

	Age group (years)	Less than once a week '000	Once a week or more '000	Twice a week or more '000	Three times a week or more '000	Total participation '000
Males	15–24	229.6	701.1	485.2	329.7	930.7
	25–34	203.3	593.9	381.5	208.2	797.1
	35–44	275.5	342.5	213.8	114.3	618.0
	45–54	215.9	270.2	173.0	94.2	486.1
	55–64	103.2	207.0	141.3	61.9	310.1
	65 and over	68.8	246.4	171.1	81.3	315.2
	<i>Total</i>	1096.3	2361.1	1565.9	889.5	3457.3
Females	15–24	212.0	644.6	484.6	309.4	856.6
	25–34	179.2	453.7	294.4	179.1	632.9
	35–44	192.0	385.8	235.3	143.6	577.8
	45–54	125.9	291.0	178.0	108.2	416.9
	55–64	95.4	220.7	144.5	84.9	316.0
	65 and over	87.1	316.1	202.3	86.8	403.2
	<i>Total</i>	891.6	2311.9	1539.2	912.0	3203.5
Persons	15–24	441.6	1345.8	969.8	639.1	1787.4
	25–34	382.5	1047.6	675.9	387.2	1430.0
	35–44	467.5	728.3	449.1	257.8	1195.8
	45–54	341.8	561.2	351.0	202.4	903.0
	55–64	198.5	427.6	285.8	146.8	626.2
	65 and over	156.0	562.5	373.4	168.1	718.5
	<i>Total</i>	1987.8	4672.9	3105.1	1801.5	6660.8

Table 5 continued.

All participants in organised activities: Frequency of participation — Cumulative<sup>a</sup>, 2003

		Less than once a week	Once a week or more	Twice a week or more	Three times a week or more	Total participation
		Participation rate (%)				
Males	15–24	16.5	50.3	34.8	23.6	66.8
	25–34	13.8	40.2	25.8	14.1	54.0
	35–44	18.8	23.3	14.6	7.8	42.1
	45–54	16.1	20.2	12.9	7.0	36.3
	55–64	10.3	20.7	14.1	6.2	31.0
	65 and over	6.6	23.6	16.4	7.8	30.2
	<i>Total</i>	14.2	30.6	20.3	11.5	44.8
Females	15–24	15.7	47.8	35.9	22.9	63.5
	25–34	12.2	30.8	20.0	12.2	43.0
	35–44	13.0	26.1	15.9	9.7	39.0
	45–54	9.4	21.6	13.2	8.0	31.0
	55–64	9.7	22.5	14.7	8.7	32.2
	65 and over	7.1	25.7	16.5	7.1	32.8
	<i>Total</i>	11.3	29.4	19.6	11.6	40.8
Persons	15–24	16.1	49.1	35.4	23.3	65.2
	25–34	13.0	35.5	22.9	13.1	48.5
	35–44	15.9	24.7	15.2	8.7	40.6
	45–54	12.7	20.9	13.1	7.5	33.6
	55–64	10.0	21.6	14.4	7.4	31.6
	65 and over	6.9	24.7	16.4	7.4	31.6
	<i>Total</i>	12.8	30.0	19.9	11.6	42.8

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

**Table 6. All persons aged 15 years and over: Average frequency of participation in physical activities, 2003**

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	15–24	3.0	3.8	2.4
	25–34	2.2	3.1	2.3
	35–44	1.7	2.7	1.9
	45–54	2.0	2.9	1.7
	55–64	2.0	3.2	1.4
	65 and over	2.5	3.7	1.2
	Total	2.1	3.2	1.9
Females	15–24	2.5	3.6	2.4
	25–34	2.9	3.5	1.9
	35–44	2.9	3.4	1.8
	45–54	3.0	3.4	1.5
	55–64	3.0	3.7	1.4
	65 and over	2.0	3.3	1.1
	Total	2.9	3.5	1.7
Persons	15–24	2.9	3.7	2.4
	25–34	2.5	3.3	2.1
	35–44	2.0	3.1	1.8
	45–54	2.3	3.2	1.6
	55–64	2.5	3.4	1.4
	65 and over	2.1	3.5	1.1
	Total	2.4	3.3	1.8

<sup>a</sup> Relates to all persons aged 15 years and over

**Table 7. All participants<sup>a</sup> in physical activities: Average frequency of participation, 2003**

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	15–24	3.2	4.2	2.7
	25–34	2.8	3.5	2.6
	35–44	2.3	3.3	2.2
	45–54	2.9	3.6	2.1
	55–64	3.5	4.2	1.8
	65 and over	4.0	5.0	1.6
	Total	3.0	3.9	2.2
Females	15–24	3.0	4.0	2.6
	25–34	3.1	4.2	2.2
	35–44	3.1	4.0	2.1
	45–54	3.5	4.3	1.9
	55–64	4.0	4.6	1.7
	65 and over	3.5	4.5	1.5
	Total	3.2	4.2	2.1
Persons	15–24	3.0	4.1	2.6
	25–34	3.0	3.8	2.4
	35–44	3.0	3.7	2.2
	45–54	3.0	3.9	2.0
	55–64	3.8	4.4	1.8
	65 and over	4.0	4.7	1.6
	Total	3.0	4.1	2.2

<sup>a</sup> 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



**Table 8. Selected sports and physical activities by frequency of participation<sup>a</sup>, 2003**

Activity	Number ('000)						Total
	1–6 times	7–12 times	13–26 times	27–52 times	53–104 times	More than 104 times	
Aerobics/fitness	96.9	77.8	162.5	429.3	561.8	1,159.2	2,487.6
Aquarobics	16.3*	11.6*	20.1*	56.6	43.3	27.9	175.9
Archery	7.5*	2.5**	3.0**	13.9**	0.2**	1.9**	29.0
Athletics/track and field	33.0	14.4*	11.4*	25.5*	12.9*	27.4	124.7
Australian football	52.2	44.3	80.3	79.3	77.6	99.8	433.5
Badminton	13.5*	13.5*	25.5*	55.2	9.4*	3.9**	121.0
Baseball	7.0*	2.3**	12.4*	22.7*	11.4*	4.8**	60.7
Basketball	62.7	39.1	87.3	193.6	102.0	74.6	559.3
Billiards/snooker/pool	2.7**	0.7**	8.5*	5.4**	17.3*	5.1**	39.7
Boxing	2.8**	1.4**	2.9**	3.9**	21.5*	34.2	66.7
Canoeing/kayaking	43.9	13.2*	19.9*	15.5*	14.8*	6.4**	113.6
Carpet bowls	0.8**	2.1**	5.6**	23.8*	10.6*	9.2*	52.1
Cricket (indoor)	27.2	28.2	36.5	78.1	14.8*	3.6**	188.5
Cricket (outdoor)	103.9	67.2	101.9	99.0	85.2	51.0	508.2
Cycling	149.5	183.4	212.3	325.2	218.9	382.5	1,471.8
Dancing	20.3*	27.1	18.4*	120.0	77.9	75.6	339.3
Darts	2.3**	2.3**	1.4**	9.6*	5.8**	9.5*	30.8
Fishing	87.8	105.9	82.6	70.2	32.2	23.8*	402.6
Golf	248.1	199.6	222.4	291.1	230.0	91.4	1,282.6
Hockey (indoor)	2.9**	8.9*	4.7**	5.3**	3.3**	6.9*	32.1
Hockey (outdoor)	23.5*	17.5*	28.9	32.7	29.1	21.6*	153.2
Horse riding/equestrian activities/polocrosse	38.5	24.1*	13.9*	29.4	31.5	54.3	191.7
Ice/snow sports	111.0	38.8	18.4*	4.5**	12.1*	15.0*	199.8
Lawn bowls	29.4	14.9*	36.5	102.6	96.2	85.2	364.7
Martial arts	33.7	27.0	33.1	81.6	93.4	92.4	361.3
Motor sports	36.2	38.6	40.0	20.3*	17.4*	22.1*	174.6
Netball	50.9	62.0	88.3	239.3	95.2	78.3	614.0
Orienteering	31.5	10.0*	8.2*	13.9*	21.6*	39.4	124.6
Rock climbing	48.3	11.6*	13.2*	7.5*	6.4**	2.0**	89.0
Roller sports	12.4*	18.3*	23.0*	29.5	6.8**	32.4	122.4
Rowing	6.9*	0.3**	5.8**	11.6*	5.9**	15.8*	46.3
Rugby league	16.4*	31.5	29.3	32.3	23.3*	39.0	172.0
Rugby union	11.5*	10.8*	14.0*	36.8	38.6	16.1*	127.8
Running	55.7	79.3	127.3	238.3	286.9	393.7	1,181.1
Sailing	38.6	23.3*	27.9	31.6	0.9**	4.7**	126.9
Scuba diving	33.6	19.0*	16.0*	13.4*	4.4**	4.3**	90.7
Shooting sports	34.8	18.3*	19.8*	11.3*	6.8*	8.9*	99.9
Soccer (indoor)	44.4	32.1	54.5	86.9	38.6	10.9*	267.4
Soccer (outdoor)	97.8	89.4	117.1	160.9	132.1	72.0	669.3

**Table 8 continued. Selected sports and physical activities by frequency of participation <sup>a</sup>, 2003**

Activity	Number ('000)						Total
	1-6 times	7-12 times	13-26 times	27-52 times	53-104 times	More than 104 times	
Softball	14.3 *	6.1**	15.1*	23.9*	15.7*	0.3**	75.6
Squash/racquetball	66.5	43.8	54.9	116.4	51.0	7.5*	340.1
Surf lifesaving	0.0**	3.6**	11.3*	12.8*	0.6**	3.7**	31.9
Surf sports	52.4	35.9	62.4	86.9	47.2	84.0	368.9
Swimming	229.9	282.8	397.5	610.9	474.2	387.8	2,383.1
Table tennis	7.1*	11.6*	13.0*	31.4	11.2*	8.9*	83.2
Tennis	277.4	211.7	217.1	429.8	186.4	84.8	1,407.3
Tenpin bowling	61.6	4.6**	15.8*	59.4	13.7*	13.5*	168.8
Touch football	45.7	64.6	76.6	106.1	49.1	14.2*	356.3
Triathlon	12.3*	2.5**	3.0**	0.5**	4.7**	7.3*	30.4
Volleyball	35.4	27.0	40.6	73.8	22.3*	6.0**	205.1
Walking (bush)	293.6	180.3	128.5	109.2	67.5	123.5	902.5
Walking (other)	137.0	170.7	242.8	767.0	1,053.3	3,534.7	5,905.6
Water polo	4.3**	0.0**	8.3*	10.6*	3.7**	2.7**	29.6
Waterskiing/powerboating	54.4	39.1	47.0	29.0	0.0**	7.8*	177.3
Weight training	11.9*	18.2*	19.1*	62.7	132.6	191.2	435.8
Yoga	43.1	57.1	37.5	183.8	73.0	91.8	486.3

<sup>a</sup> 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 sports and physical activities by frequency of participation <sup>a</sup>, 2003**

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	0.6	0.5	1.0	2.8	3.6	7.4	16.0	132.4	104
Aquarobics	0.1*	0.1*	0.1*	0.4	0.3	0.2	1.1	69.2	52
Archery	0.0*	0.0**	0.0**	0.1*	0.0**	0.0**	0.2	52.3	40
Athletics/track and field	0.2	0.1*	0.1*	0.2*	0.1*	0.2	0.8	69.1	36
Australian football	0.3	0.3	0.5	0.5	0.5	0.6	2.8	68.6	48
Badminton	0.1*	0.1*	0.2*	0.4	0.1*	0.0**	0.8	40.5	30
Baseball	0.0*	0.0**	0.1*	0.1*	0.1*	0.0**	0.4	52.1	52
Basketball	0.4	0.3	0.6	1.2	0.7	0.5	3.6	66.2	52
Billiards/snooker/pool	0.0**	0.0**	0.1*	0.0**	0.1*	0.0**	0.3	84.4	72
Boxing	0.0**	0.0**	0.0**	0.0**	0.1*	0.2	0.4	146.4	105
Canoeing/kayaking	0.3	0.1*	0.1*	0.1	0.1*	0.0**	0.7	33.5	12
Carpet bowls	0.0**	0.0**	0.0**	0.2*	0.1*	0.1*	0.3	81.6	52
Cricket (indoor)	0.2	0.2	0.2	0.5	0.1*	0.0**	1.2	36.5	30
Cricket (outdoor)	0.7	0.4	0.7	0.6	0.5	0.3	3.3	47.8	26
Cycling	1.0	1.2	1.4	2.1	1.4	2.5	9.4	95.5	52
Dancing	0.1*	0.2	0.1*	0.8	0.5	0.5	2.2	88.0	52
Darts	0.0**	0.0**	0.0**	0.1*	0.0**	0.1*	0.2	89.5	52
Fishing	0.6	0.7	0.5	0.5	0.2	0.2*	2.6	34.4	15
Golf	1.6	1.3	1.4	1.9	1.5	0.6	8.2	48.1	26
Hockey (indoor)	0.0**	0.1*	0.0**	0.0**	0.0**	0.0*	0.2	73.3	20
Hockey (outdoor)	0.2*	0.1*	0.2	0.2	0.2	0.1*	1.0	62.2	40
Horse riding/equestrian activities/polocrosse	0.2	0.2*	0.1*	0.2	0.2	0.3	1.2	115.1	52
Ice/snow sports	0.7	0.2	0.1*	0.0**	0.1*	0.1*	1.3	26.3	6
Lawn bowls	0.2	0.1*	0.2	0.7	0.6	0.5	2.3	83.4	52
Martial arts	0.2	0.2	0.2	0.5	0.6	0.6	2.3	105.6	73
Motor sports	0.2	0.2	0.3	0.1*	0.1*	0.1*	1.1	57.4	20
Netball	0.3	0.4	0.6	1.5	0.6	0.5	3.9	63.0	52
Orienteering	0.2	0.1*	0.1*	0.1*	0.1*	0.3	0.8	85.6	52
Rock climbing	0.3	0.1*	0.1*	0.0*	0.0**	0.0**	0.6	19.8	5
Roller sports	0.1*	0.1*	0.1*	0.2	0.0**	0.2	0.8	96.0	36
Rowing	0.0*	0.0	0.0	0.1	0.0**	0.1	0.3	127.2	52
Rugby league	0.1*	0.2	0.2	0.2	0.1*	0.3	1.1	68.0	45
Rugby union	0.1*	0.1*	0.1*	0.2	0.2	0.1*	0.8	68.6	52
Running	0.4	0.5	0.8	1.5	1.8	2.5	7.6	106.4	104
Sailing	0.2	0.1*	0.2	0.2	0.0**	0.0**	0.8	24.8	15
Scuba diving	0.2	0.1*	0.1*	0.1*	0.0**	0.0**	0.6	57.0	12
Shooting sports	0.2	0.1*	0.1*	0.1*	0.0*	0.1*	0.6	42.6	12
Soccer (indoor)	0.3	0.2	0.3	0.6	0.2	0.1*	1.7	44.9	30
Soccer (outdoor)	0.6	0.6	0.8	1.0	0.8	0.5	4.3	56.1	40

**Table 8 continued. Selected sports and physical activities by frequency of participation <sup>a</sup>, 2003**

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			
Softball	0.1*	0.0**	0.1*	0.2*	0.1*	0.0**	0.5	38.4	30
Squash/racquetball	0.4	0.3	0.4	0.7	0.3	0.0*	2.2	39.5	30
Surf lifesaving	0.0**	0.0**	0.1*	0.1*	0.0**	0.0**	0.2	45.8	30
Surf sports	0.3	0.2	0.4	0.6	0.3	0.5	2.4	76.4	50
Swimming	1.5	1.8	2.6	3.9	3.0	2.5	15.3	69.2	50
Table tennis	0.0*	0.1*	0.1*	0.2	0.1*	0.1*	0.5	57.3	50
Tennis	1.8	1.4	1.4	2.8	1.2	0.5	9.0	45.8	26
Tenpin bowling	0.4	0.0**	0.1*	0.4	0.1	0.1*	1.1	44.1	38
Touch football	0.3	0.4	0.5	0.7	0.3	0.1*	2.3	42.6	26
Triathlon	0.1*	0.0**	0.0**	0.0**	0.0**	0.0*	0.2	89.0	20
Volleyball	0.2	0.2	0.3	0.5	0.1*	0.0**	1.3	37.6	26
Walking (bush)	1.9	1.2	0.8	0.7	0.4	0.8	5.8	53.2	12
Walking (other)	0.9	1.1	1.6	4.9	6.8	22.7	37.9	186.6	156
Water polo	0.0**	0.0**	0.1*	0.1*	0.0**	0.0**	0.2	57.2	30
Waterskiing/powerboating	0.3	0.3	0.3	0.2	0.0**	0.1*	1.1	28.9	12
Weight training	0.1*	0.1*	0.1*	0.4	0.9	1.2	2.8	118.8	104
Yoga	0.3	0.4	0.2	1.2	0.5	0.6	3.1	82.5	52

<sup>a</sup> 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 sports and physical activities by Gender, 2003**

	Males		Females		Persons	
	Number '000	Participation rate %	Number '000	Participation rate %	Number '000	Participation rate %
Aerobics/fitness	919.8	11.9	1,567.8	20.0	2,487.6	16.0
Aquarobics	11.6*	0.2*	164.3	2.1	175.9	1.1
Archery	20.7*	0.3*	8.3*	0.1*	29.0	0.2
Athletics/track and field	69.9	0.9	54.8	0.7	124.7	0.8
Australian football	401.0	5.2	32.4	0.4	433.5	2.8
Badminton	60.3	0.8	60.7	0.8	121.0	0.8
Baseball	42.2	0.5	18.5*	0.2*	60.7	0.4
Basketball	335.0	4.3	224.3	2.9	559.3	3.6
Billiards/snooker/pool	37.2	0.5	2.5**	0.0**	39.7	0.3
Boxing	51.1	0.7	15.7*	0.2*	66.7	0.4
Canoeing/kayaking	64.8	0.8	48.8	0.6	113.6	0.7
Carpet bowls	20.6*	0.3*	31.6	0.4	52.1	0.3
Cricket (indoor)	176.5	2.3	11.9*	0.2*	188.5	1.2
Cricket (outdoor)	452.8	5.9	55.4	0.7	508.2	3.3
Cycling	960.3	12.4	511.4	6.5	1,471.8	9.4
Dancing	73.3	0.9	266.1	3.4	339.3	2.2
Darts	18.2*	0.2*	12.6*	0.2*	30.8	0.2
Fishing	336.2	4.4	66.4	0.8	402.6	2.6
Golf	1,024.8	13.3	257.7	3.3	1,282.6	8.2
Hockey (indoor)	18.1*	0.2*	13.9*	0.2*	32.1	0.2
Hockey (outdoor)	57.6	0.7	95.6	1.2	153.2	1.0
Horse riding/equestrian activities/polocrosse	66.6	0.9	125.1	1.6	191.7	1.2
Ice/snow sports	124.9	1.6	74.9	1.0	199.8	1.3
Lawn bowls	204.9	2.7	159.9	2.0	364.7	2.3
Martial arts	151.9	2.0	209.4	2.7	361.3	2.3
Motor sports	155.5	2.0	19.0*	0.2*	174.6	1.1
Netball	73.3	0.9	540.6	6.9	614.0	3.9
Orienteering	66.3	0.9	58.3	0.7	124.6	0.8
Rock climbing	49.7	0.6	39.3	0.5	89.0	0.6
Roller sports	80.6	1.0	41.8	0.5	122.4	0.8
Rowing	19.9*	0.3*	26.4*	0.3*	46.3	0.3
Rugby league	155.5	2.0	16.4*	0.2*	172.0	1.1
Rugby union	114.1	1.5	13.7*	0.2*	127.8	0.8
Running	779.8	10.1	401.3	5.1	1,181.1	7.6
Sailing	99.7	1.3	27.3	0.3	126.9	0.8
Scuba diving	69.2	0.9	21.5*	0.3*	90.7	0.6
Shooting sports	90.2	1.2	9.7*	0.1*	99.9	0.6
Soccer (indoor)	207.8	2.7	59.5	0.8	267.4	1.7
Soccer (outdoor)	491.2	6.4	178.1	2.3	669.3	4.3

**Table 9 continued. Selected sports and physical activities by Gender, 2003**

	Males		Number '000	Females		Persons Participation rate %
	Number	Participation rate		Participation rate	Number	
	'000	%		%	'000	
Softball	14.7*	0.2*	60.9	0.8	75.6	0.5
Squash/racquetball	254.8	3.3	85.3	1.1	340.1	2.2
Surf lifesaving	21.6*	0.3*	10.4*	0.1*	31.9	0.2
Surf sports	310.2	4.0	58.7	0.7	368.9	2.4
Swimming	1,037.2	13.4	1,346.0	17.1	2,383.1	15.3
Table tennis	68.0	0.9	15.2*	0.2*	83.2	0.5
Tennis	734.4	9.5	672.9	8.6	1,407.3	9.0
Tenpin bowling	83.0	1.1	85.8	1.1	168.8	1.1
Touch football	223.3	2.9	133.0	1.7	356.3	2.3
Triathlon	22.9*	0.3*	7.5*	0.1*	30.4	0.2
Volleyball	96.9	1.3	108.2	1.4	205.1	1.3
Walking (bush)	451.0	5.8	451.6	5.7	902.5	5.8
Walking (other)	2,097.4	27.2	3,808.3	48.5	5,905.6	37.9
Water polo	12.4*	0.2*	17.2*	0.2*	29.6	0.2
Waterskiing/powerboating	124.4	1.6	52.9	0.7	177.3	1.1
Weight training	254.5	3.3	181.3	2.3	435.8	2.8
Yoga	50.3	0.7	436.1	5.5	486.3	3.1

\* 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 sports and physical activities by Age, 2003**

Activity	Number ('000)						Total
	15–24 years	25–34 years	35–44 years	45–54 years	55–64 years	65 years and over	
Aerobics/fitness	529.5	592.2	446.7	396.9	250.9	271.5	2,487.6
Aquarobics	25.6*	20.1*	30.9	31.5	29.8	37.9	175.9
Archery	8.3*	9.5*	2.4**	4.8**	4.0**	0.0**	29.0
Athletics/track and field	95.6	13.9*	8.6*	2.5**	4.1**	0.0**	124.7
Australian football	229.1	120.7	63.5	11.5*	5.7**	2.9**	433.5
Badminton	58.8	22.0*	19.0*	10.3*	7.0*	4.0**	121.0
Baseball	40.5	12.3*	5.3**	1.1**	1.5**	0.0**	60.7
Basketball	367.7	90.1	75.1	22.1*	2.3**	2.1**	559.3
Billiards/snooker/pool	7.7*	6.5**	8.4*	4.6**	11.2*	1.2**	39.7
Boxing	41.2	19.9*	1.7**	1.8**	2.1**	0.0**	66.7
Canoeing/kayaking	30.6	21.9*	26.9	19.2*	11.4*	3.6**	113.6
Carpet bowls	1.3**	0.0**	0.0**	2.7**	9.4*	38.8	52.1
Cricket (indoor)	65.7	81.4	33.0	8.2*	0.2**	0.0**	188.5
Cricket (outdoor)	214.1	133.3	114.6	36.8	8.9*	0.5**	508.2
Cycling	218.4	399.3	404.2	266.7	127.0	56.2	1,471.8
Dancing	116.6	42.8	51.4	47.7	32.5	48.3	339.3
Darts	4.4**	9.8*	2.0**	9.3*	3.7**	1.6**	30.8
Fishing	19.3*	71.0	96.1	85.7	71.8	58.6	402.6
Golf	104.5	235.5	255.7	261.7	234.4	190.7	1,282.6
Hockey (indoor)	25.7*	2.3**	3.0**	1.0**	0.0**	0.0**	32.1
Hockey (outdoor)	90.4	20.3*	25.1*	13.8*	3.6**	0.0**	153.2
Horse riding/equestrian activities/polocrosse	50.1	44.1	48.6	39.4	6.7**	2.9**	191.7
Ice/snow sports	46.6	63.1	37.6	34.1	18.2*	0.1**	199.8
Lawn bowls	10.1*	18.9*	18.3*	44.8	60.8	211.8	364.7
Martial arts	138.7	93.3	30.9	39.9	29.5	29.0	361.3
Motor sports	43.9	48.5	40.5	27.8	8.5*	5.4**	174.6
Netball	334.6	166.6	88.1	22.7	0.5**	1.5**	614.0
Orienteering	60.8	12.2*	28.0	16.8*	6.9*	0.0**	124.6
Rock climbing	22.8*	32.4	17.1*	11.3*	5.3**	0.2**	89.0
Roller sports	65.7	37.0	9.7*	8.1*	1.9**	0.0**	122.4
Rowing	25.8*	5.8**	3.4**	5.4**	3.5**	2.3**	46.3
Rugby league	124.5	30.8	15.1*	0.0**	1.5**	0.0**	172.0
Rugby union	85.2	31.1	5.7**	1.1**	4.6**	0.0**	127.8
Running	334.3	381.6	252.3	146.6	47.1	19.2*	1,181.1
Sailing	22.0*	21.3*	33.4	26.7	16.9*	6.7**	126.9
Scuba diving	8.6*	25.7*	33.8	16.4*	6.0**	0.2**	90.7
Shooting sports	10.7*	29.1	18.0*	12.1*	18.2*	11.9*	99.9
Soccer (indoor)	174.0	64.9	24.7*	1.4**	0.0**	2.4**	267.4
Soccer (outdoor)	401.9	140.9	91.2	29.8	0.3**	5.2**	669.3

**Table 10 continued. Selected sports and physical activities by Age, 2003**

Activity	Number ('000)						Total
	15–24 years	25–34 years	35–44 years	45–54 years	55–64 years	65 years and over	
Softball	43.6	7.1*	11.6*	13.2*	0.0**	0.0**	75.6
Squash/racquetball	64.1	111.4	91.0	47.8	16.9*	8.8*	340.1
Surf lifesaving	16.4*	4.4**	7.8*	0.9**	2.4**	0.0**	31.9
Surf sports	108.2	88.5	76.5	69.3	18.3*	8.1*	368.9
Swimming	457.4	574.8	533.3	425.5	226.3	165.8	2,383.1
Table tennis	25.8*	15.4*	14.2*	6.4**	3.4**	18.0*	83.2
Tennis	311.4	302.2	327.3	228.7	146.9	90.9	1,407.3
Tenpin bowling	33.2	47.6	25.2*	32.4	11.3*	19.0*	168.8
Touch football	153.1	121.3	71.9	6.9*	3.2**	0.0**	356.3
Triathlon	4.2**	13.6*	6.5**	4.1**	2.1**	0.0**	30.4
Volleyball	118.4	41.9	35.8	8.7*	0.3**	0.0**	205.1
Walking (bush)	74.7	187.1	203.0	240.9	128.7	68.2	902.5
Walking (other)	446.4	974.9	1,145.6	1,259.0	983.9	1,095.8	5,905.6
Water polo	24.1*	0.5**	5.1**	0.0**	0.0**	0.0**	29.6
Waterskiing/power boating	41.3	68.4	45.2	17.7*	3.2**	1.4**	177.3
Weight training	103.0	135.8	75.4	60.6	31.8	29.3	435.8
Yoga	78.8	128.8	91.2	99.8	56.4	31.4	486.3

\*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 10 continued. Selected sports and physical activities by Age, 2003**

Activity	Participation rate (%)						Total
	15–24 years	25–34 years	35–44 years	45–54 years	55–64 years	65 years and over	
Aerobics/fitness	19.3	20.1	15.2	14.8	12.7	11.9	16.0
Aquarobics	0.9*	0.7*	1.0	1.2	1.5	1.7	1.1
Archery	0.3*	0.3*	0.1**	0.2**	0.2**	0.0**	0.2
Athletics/track and field	3.5	0.5*	0.3*	0.1**	0.2**	0.0**	0.8
Australian football	8.4	4.1	2.2	0.4*	0.3**	0.1**	2.8
Badminton	2.1	0.7*	0.6*	0.4*	0.4*	0.2**	0.8
Baseball	1.5	0.4**	0.2**	0.0**	0.1**	0.0**	0.4
Basketball	13.4	3.1	2.5	0.8*	0.1**	0.1**	3.6
Billiards/snooker/pool	0.3*	0.2**	0.3*	0.2**	0.6*	0.1**	0.3
Boxing	1.5	0.7*	0.1**	0.1**	0.1**	0.0**	0.4
Canoeing/kayaking	1.1	0.7*	0.9	0.7*	0.6*	0.2**	0.7
Carpet bowls	0.0**	0.0**	0.0**	0.1**	0.5*	1.7	0.3
Cricket (indoor)	2.4	2.8	1.1	0.3*	0.0**	0.0**	1.2
Cricket (outdoor)	7.8	4.5	3.9	1.4	0.5*	0.0**	3.3
Cycling	8.0	13.5	13.7	9.9	6.4	2.5	9.4
Dancing	4.3	1.5	1.7	1.8	1.6	2.1	2.2
Darts	0.2**	0.3*	0.1**	0.3*	0.2**	0.1**	0.2
Fishing	0.7*	2.4	3.3	3.2	3.6	2.6	2.6
Golf	3.8	8.0	8.7	9.8	11.8	8.4	8.2
Hockey (indoor)	0.9*	0.1**	0.1**	0.0**	0.0**	0.0**	0.2
Hockey (outdoor)	3.3	0.7*	0.9*	0.5*	0.2**	0.0**	1.0
Horse riding/equestrian activities/polocrosse	1.8	1.5	1.6	1.5	0.3**	0.1**	1.2
Ice/snow sports	1.7	2.1	1.3	1.3	0.9*	0.0**	1.3
Lawn bowls	0.4*	0.6*	0.6*	1.7	3.1	9.3	2.3
Martial arts	5.1	3.2	1.0	1.5	1.5	1.3	2.3
Motor sports	1.6	1.6	1.4	1.0	0.4*	0.2**	1.1
Netball	12.2	5.6	3.0	0.8*	0.0**	0.1**	3.9
Orienteering	2.2	0.4*	0.9	0.6*	0.3*	0.0**	0.8
Rock climbing	0.8*	1.1	0.6*	0.4*	0.3**	0.0**	0.6
Roller sports	2.4	1.3	0.3*	0.3*	0.1**	0.0**	0.8
Rowing	0.9*	0.2**	0.1**	0.2**	0.2**	0.1**	0.3
Rugby league	4.5	1.0	0.5*	0.0**	0.1**	0.0**	1.1
Rugby union	3.1	1.1	0.2**	0.0**	0.2**	0.0**	0.8
Running	12.2	12.9	8.6	5.5	2.4	0.8*	7.6
Sailing	0.8*	0.7*	1.1	1.0	0.9*	0.3**	0.8
Scuba diving	0.3*	0.9*	1.1	0.6*	0.3**	0.0**	0.6
Shooting sports	0.4*	1.0	0.6*	0.4*	0.9*	0.5*	0.6
Soccer (indoor)	6.3	2.2	0.8*	0.1**	0.0**	0.1**	1.7

**Table 10 continued. Selected sports and physical activities by Age, 2003**

Activity	Participation rate (%)						Total
	15–24 years	25–34 years	35–44 years	45–54 years	55–64 years	65 years and over	
Soccer (outdoor)	14.7	4.8	3.1	1.1	0.0**	0.2**	4.3
Softball	1.6	0.2*	0.4*	0.5*	0.0**	0.0**	0.5
Squash/racquetball	2.3	3.8	3.1	1.8	0.9*	0.4*	2.2
Surf lifesaving	0.6*	0.1**	0.3*	0.0**	0.1**	0.0**	0.2
Surf sports	3.9	3.0	2.6	2.6	0.9*	0.4*	2.4
Swimming	16.7	19.5	18.1	15.9	11.4	7.3	15.3
Table tennis	0.9*	0.5*	0.5*	0.2**	0.2**	0.8*	0.5
Tennis	11.4	10.2	11.1	8.5	7.4	4.0	9.0
Tenpin bowling	1.2	1.6	0.9*	1.2	0.6*	0.8*	1.1
Touch football	5.6	4.1	2.4	0.3*	0.2**	0.0**	2.3
Triathlon	0.2**	0.5*	0.2**	0.2**	0.1**	0.0**	0.2
Volleyball	4.3	1.4	1.2	0.3*	0.0**	0.0**	1.3
Walking (bush)	2.7	6.3	6.9	9.0	6.5	3.0	5.8
Walking (other)	16.3	33.0	38.9	46.9	49.7	48.2	37.9
Water polo	0.9*	0.0**	0.2**	0.0**	0.0**	0.0**	0.2
Waterskiing/powerboating	1.5	2.3	1.5	0.7*	0.2**	0.1**	1.1
Weight training	3.8	4.6	2.6	2.3	1.6	1.3	2.8
Yoga	2.9	4.4	3.1	3.7	2.8	1.4	3.1

\* 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. Sport and physical activities: Type of participation by Age and Gender, 2003**

		Organised only (A)	Non-organised only (B)	Both organised and non-organised (C)	Total organised (A + C)	Total non-organised (B + C)	Total participation (A + B + C)
		Number ('000)					
Age group (years)							
Males	15–24	356.4	335.6	574.4	930.7	910.0	1,266.4
	25–34	238.9	503.4	558.3	797.1	1,061.6	1,300.5
	35–44	203.2	598.4	414.8	618.0	1,013.2	1,216.4
	45–54	143.9	595.5	342.2	486.1	937.7	1,081.6
	55–64	104.7	434.2	205.5	310.1	639.7	744.4
	65 and over	116.6	452.4	198.7	315.2	651.1	767.7
	<i>Total</i>		<i>1,163.6</i>	<i>2,919.5</i>	<i>2,293.8</i>	<i>3,457.3</i>	<i>5,213.3</i>
Females	15–24	367.5	357.3	489.1	856.6	846.4	1,213.9
	25–34	178.8	621.4	454.1	632.9	1,075.5	1,254.3
	35–44	149.0	655.6	428.8	577.8	1,084.4	1,233.4
	45–54	107.7	665.9	309.2	416.9	975.0	1,082.7
	55–64	90.8	474.2	225.2	316.0	699.3	790.2
	65 and over	188.8	496.0	214.4	403.2	710.5	899.3
	<i>Total</i>		<i>1,082.7</i>	<i>3,270.4</i>	<i>2,120.8</i>	<i>3,203.5</i>	<i>5,391.2</i>
Persons	15–24	723.9	693.0	1,063.4	1,787.4	1,756.4	2,480.3
	25–34	417.7	1,124.8	1,012.4	1,430.0	2,137.2	2,554.8
	35–44	352.2	1,254.0	843.6	1,195.8	2,097.6	2,449.8
	45–54	251.6	1,261.3	651.4	903.0	1,912.7	2,164.3
	55–64	195.5	908.4	430.6	626.2	1,339.0	1,534.6
	65 and over	305.4	948.5	413.1	718.5	1,361.6	1,666.9
	<b>Total</b>		<b>2,246.3</b>	<b>6,189.9</b>	<b>4,414.5</b>	<b>6,660.8</b>	<b>10,604.5</b>

**Table 11 continued. Sport and physical activities: Type of participation by Age and Gender, 2003**

		Organised only (A)	Non-organised only (B)	Both organised and non-organised (C)	Total organised (A + C)	Total non-organised (B + C)	Total participation (A + B + C)
		Participation rate (%)					
Males	15–24	25.6	24.1	41.2	66.8	65.3	90.8
	25–34	16.2	34.1	37.8	54.0	71.9	88.1
	35–44	13.9	40.8	28.3	42.1	69.1	82.9
	45–54	10.7	44.5	25.6	36.3	70.0	80.8
	55–64	10.5	43.4	20.6	31.0	64.0	74.5
	65 and over	11.2	43.4	19.0	30.2	62.4	73.6
	<i>Total</i>	<i>15.1</i>	<i>37.8</i>	<i>29.7</i>	<i>44.8</i>	<i>67.5</i>	<i>82.6</i>
Females	15–24	27.2	26.5	36.3	63.5	62.7	90.0
	25–34	12.1	42.2	30.8	43.0	73.0	85.1
	35–44	10.1	44.3	29.0	39.0	73.3	83.3
	45–54	8.0	49.5	23.0	31.0	72.5	80.5
	55–64	9.3	48.3	23.0	32.2	71.3	80.6
	65 and over	15.4	40.4	17.4	32.8	57.8	73.2
	<i>Total</i>	<i>13.8</i>	<i>41.6</i>	<i>27.0</i>	<i>40.8</i>	<i>68.6</i>	<i>82.4</i>
Persons	15–24	26.4	25.3	38.8	65.2	64.0	90.4
	25–34	14.2	38.1	34.3	48.5	72.4	86.6
	35–44	12.0	42.6	28.6	40.6	71.2	83.1
	45–54	9.4	47.0	24.3	33.6	71.3	80.6
	55–64	9.9	45.9	21.7	31.6	67.6	77.5
	65 and over	13.4	41.7	18.2	31.6	59.9	73.3
	<b>Total</b>	<b>14.4</b>	<b>39.7</b>	<b>28.3</b>	<b>42.8</b>	<b>68.1</b>	<b>82.5</b>

**Table 12. All participants: Average frequency of participation in organised sport or physical activity, 2003**

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	15-24	2.0	2.7	1.9
	25-34	1.9	2.1	1.5
	35-44	1.0	1.6	1.4
	45-54	1.0	1.6	1.2
	55-64	1.5	1.9	1.3
	65 and over	2.0	2.3	1.1
	<i>Total</i>	<i>1.6</i>	<i>2.1</i>	<i>1.5</i>
Females	15-24	2.0	2.6	2.1
	25-34	1.7	2.2	1.4
	35-44	1.2	2.1	1.4
	45-54	1.4	2.0	1.4
	55-64	1.2	2.0	1.3
	65 and over	2.0	2.2	1.3
	<i>Total</i>	<i>1.8</i>	<i>2.2</i>	<i>1.6</i>
Persons	15-24	2.0	2.7	2
	25-34	1.9	2.1	1.5
	35-44	1.0	1.8	1.4
	45-54	1.0	1.8	1.3
	55-64	1.4	1.9	1.3
	65 and over	2.0	2.2	1.2
	<b>Total</b>	<b>1.7</b>	<b>2.2</b>	<b>1.5</b>

<sup>a</sup> Relates to all persons aged 15 years and over

**Table 13. Selected sports and physical activities: Type of participation<sup>a</sup>, 2003**

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>a</sup>
Aerobics/fitness	1,305.8	1,341.5	2,487.6	8.4	8.6	16.0
Aquarobics	138.3	48.4	175.9	0.9	0.3	1.1
Archery	21.0*	8.0*	29.0	0.1*	0.1*	0.2
Athletics/track and field	115.9	22.8*	124.7	0.7	0.1*	0.8
Australian football	321.6	132.8	433.5	2.1	0.9	2.8
Badminton	79.4	42.1	121.0	0.5	0.3	0.8
Baseball	51.4	13.9*	60.7	0.3	0.1*	0.4
Basketball	369.0	231.6	559.3	2.4	1.5	3.6
Billiards/snooker/pool	15.7*	30.8	39.7	0.1*	0.2	0.3
Boxing	41.1	29.3	66.7	0.3	0.2	0.4
Canoeing/kayaking	38.8	78.8	113.6	0.2	0.5	0.7
Carpet bowls	51.2	3.0**	52.1	0.3	0.0**	0.3
Cricket (indoor)	157.4	36.9	188.5	1.0	0.2	1.2
Cricket (outdoor)	334.0	186.5	508.2	2.1	1.2	3.3
Cycling	124.6	1,402.3	1,471.8	0.8	9.0	9.4
Dancing	275.1	102.9	339.3	1.8	0.7	2.2
Darts	17.7*	13.0*	30.8	0.1*	0.1*	0.2
Fishing	33.2	388.6	402.6	0.2	2.5	2.6
Golf	729.3	689.1	1,282.6	4.7	4.4	8.2
Hockey (indoor)	27.9	4.1**	32.1	0.2	0.0**	0.2
Hockey (outdoor)	130.1	27.9	153.2	0.8	0.2	1.0
Horse riding/equestrian activities/polocrosse	75.0	135.4	191.7	0.5	0.9	1.2
Ice/snow sports	35.4	175.1	199.8	0.2	1.1	1.3
Lawn bowls	355.0	18.9*	364.7	2.3	0.1*	2.3
Martial arts	280.9	104.3	361.3	1.8	0.7	2.3
Motor sports	74.9	112.1	174.6	0.5	0.7	1.1
Netball	546.0	110.8	614.0	3.5	0.7	3.9
Orienteering	68.8	61.2	124.6	0.4	0.4	0.8
Rock climbing	26.6	71.3	89.0	0.2	0.5	0.6
Roller sports	15.7*	112.5	122.4	0.1*	0.7	0.8
Rowing	38.4	8.7*	46.3	0.2	0.1*	0.3
Rugby league	114.6	62.5	172.0	0.7	0.4	1.1
Rugby union	109.2	20.3*	127.8	0.7	0.1*	0.8
Running	127.5	1,091.4	1,181.1	0.8	7.0	7.6
Sailing	88.7	55.0	126.9	0.6	0.4	0.8
Scuba diving	21.7*	75.7	90.7	0.1*	0.5	0.6
Shooting sports	58.9	43.3	99.9	0.4	0.3	0.6
Soccer (indoor)	198.3	88.9	267.4	1.3	0.6	1.7
Soccer (outdoor)	428.7	270.7	669.3	2.8	1.7	4.3

**Table 13 continued. Selected sports and physical activities: Type of participation<sup>a</sup>, 2003**

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>a</sup>
Softball	70.7	4.8**	75.6	0.5	0.0**	0.5
Squash/racquetball	128.8	241.7	340.1	0.8	1.6	2.2
Surf lifesaving	29.7	4.5 **	31.9	0.2	0.0**	0.2
Surf sports	41.6	344.6	368.9	0.3	2.2	2.4
Swimming	434.4	2,064.4	2,383.1	2.8	13.3	15.3
Table tennis	38.3	47.9	83.2	0.2	0.3	0.5
Tennis	590.5	883.3	1,407.3	3.8	5.7	9.0
Tenpin bowling	120.9	65.3	168.8	0.8	0.4	1.1
Touch football	274.2	98.8	356.3	1.8	0.6	2.3
Triathlon	28.4	3.6**	30.4	0.2	0.0**	0.2
Volleyball	163.0	61.2	205.1	1.0	0.4	1.3
Walking (bush)	121.5	824.7	902.5	0.8	5.3	5.8
Walking (other)	178.6	5,792.6	5,905.6	1.1	37.2	37.9
Water polo	28.3	1.3**	29.6	0.2	0.0**	0.2
Waterskiing/powerboating	14.2*	165.3	177.3	0.1*	1.1	1.1
Weight training	183.0	275.4	435.8	1.2	1.8	2.8
Yoga	322.1	212.2	486.3	2.1	1.4	3.1

<sup>a</sup> Includes persons who reported participating in both organised and non-organised activity

<sup>b</sup> 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 sport and physical activities: States and Territories by Age and Gender<sup>a</sup>, 2003**

Age group (years)		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Australia
		Number ('000)								
Males	15–24	17.4	281.7	9.9	180.2	79.4	20.5	240.9	100.7	930.7
	25–34	16.3	277.6	9.3	138.5	52.7	14.8	218.6	69.3	797.1
	35–44	10.3	194.0	7.4	113.0	54.0	15.0	156.7	67.6	618.0
	45–54	8.1	164.3	4.5	68.2	44.4	14.8	141.6	40.2	486.1
	55–64	4.8	116.2	2.0	54.6	24.2	8.9	71.3	28.1	310.1
	65 and over	4.5	106.3	0.5*	43.6	29.2	5.8	96.6	28.6	315.2
	<i>Total</i>	<i>61.5</i>	<i>1,140.0</i>	<i>33.8</i>	<i>598.0</i>	<i>283.9</i>	<i>80.0</i>	<i>925.6</i>	<i>334.5</i>	<i>3,457.3</i>
Females	15–24	15.3	264.4	8.8	158.8	58.7	22.5	239.9	88.3	856.6
	25–34	11.2	189.2	8.0	106.5	50.9	12.4	175.3	79.3	632.9
	35–44	10.4	195.1	6.5	101.8	39.2	14.0	149.0	61.7	577.8
	45–54	8.9	115.8	3.8	91.9	33.9	9.5	98.9	54.1	416.9
	55–64	6.4	117.0	1.9	45.8	23.2	8.5	81.9	31.3	316.0
	65 and over	5.3	149.4	0.8*	60.3	33.2	8.6	106.9	38.7	403.2
	<i>Total</i>	<i>57.5</i>	<i>1,030.9</i>	<i>29.8</i>	<i>565.2</i>	<i>239.1</i>	<i>75.5</i>	<i>852.0</i>	<i>353.6</i>	<i>3,203.5</i>
Persons	15–24	32.7	546.1	18.7	339.0	138.1	43.0	480.8	189.1	1,787.4
	25–34	27.6	466.7	17.4	245.0	103.6	27.3	393.9	148.6	1,430.0
	35–44	20.7	389.1	13.9	214.8	93.2	29.0	305.7	129.4	1,195.8
	45–54	17.0	280.1	8.3	160.1	78.3	24.2	240.5	94.3	903.0
	55–64	11.2	233.3	3.9	100.4	47.4	17.4	153.1	59.4	626.2
	65 and over	9.8	255.7	1.3*	103.9	62.4	14.5	203.6	67.4	718.5
	<b>Total</b>	<b>119.0</b>	<b>2,170.9</b>	<b>63.6</b>	<b>1,163.2</b>	<b>522.9</b>	<b>155.4</b>	<b>1,777.6</b>	<b>688.1</b>	<b>6,660.8</b>



**Table 14 continued. Organised sport and physical activities: States and Territories by Age and Gender<sup>a</sup>, 2003**

		Participation rate (%)								
Age group (years)		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Australia
Males	15–24	72.2	61.3	70.7	67.5	77.4	64.1	68.5	70.3	66.8
	25–34	62.7	56.1	51.5	50.7	50.4	51.7	56.9	47.0	54.0
	35–44	44.4	39.3	44.4	40.9	48.8	45.7	42.9	45.6	42.1
	45–54	37.3	36.8	35.0	26.6	42.4	44.6	43.3	29.2	36.3
	55–64	32.4	34.7	25.4	27.9	30.4	34.2	29.3	28.9	31.0
	65 and over	37.3	29.6	14.8*	23.0	31.8	21.1	36.4	30.6	30.2
	<i>Total</i>	<i>50.4</i>	<i>44.1</i>	<i>46.0</i>	<i>41.0</i>	<i>47.8</i>	<i>44.3</i>	<i>47.8</i>	<i>43.6</i>	<i>44.8</i>
Females	15–24	65.5	59.8	63.7	61.2	59.5	72.3	70.5	63.1	63.5
	25–34	44.4	37.9	45.9	38.3	50.3	40.7	46.5	54.8	43.0
	35–44	43.2	39.7	43.3	35.9	35.0	40.0	40.1	41.8	39.0
	45–54	38.9	26.1	32.4	35.8	31.8	28.0	29.7	39.9	31.0
	55–64	43.3	35.7	31.2	24.3	28.7	32.8	33.5	33.9	32.2
	65 and over	37.7	34.9	22.7*	28.4	29.9	26.1	33.6	35.8	32.8
	<i>Total</i>	<i>46.2</i>	<i>39.2</i>	<i>44.1</i>	<i>38.2</i>	<i>39.2</i>	<i>39.8</i>	<i>42.9</i>	<i>46.0</i>	<i>40.8</i>
Persons	15–24	68.9	60.6	67.3	64.3	68.6	68.2	69.5	66.7	65.2
	25–34	53.7	47.0	48.8	44.5	50.4	46.0	51.7	50.9	48.5
	35–44	43.8	39.5	43.9	38.4	41.9	42.8	41.5	43.7	40.6
	45–54	38.1	31.5	33.8	31.2	37.1	36.2	36.4	34.5	33.6
	55–64	37.8	35.2	27.9	26.1	29.5	33.5	31.4	31.3	31.6
	65 and over	37.5	32.5	18.6*	25.8	30.7	23.8	34.8	33.4	31.6
	<b>Total</b>	<b>48.3</b>	<b>41.6</b>	<b>45.1</b>	<b>39.6</b>	<b>43.4</b>	<b>42.0</b>	<b>45.3</b>	<b>44.8</b>	<b>42.8</b>

<sup>a</sup> Relates to persons aged 15 years and over who participated in any organised sport or physical activity over a 12-month period prior to interview in 2003. These persons 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 sport and physical activities: Type of organisation by Age and Gender<sup>a</sup>, 2003**

		Fitness, leisure or indoor sports centre	Sport or recreation club or association	Work club	School	Other	Total organised participation <sup>b</sup>
		Number ('000)					
Age group (years)							
Males	15–24	268.4	629.1	14.8*	242.3	66.2	930.7
	25–34	286.1	578.7	25.8*	12.1*	91.0	797.1
	35–44	186.5	457.4	31.7	11.3*	42.1	618.0
	45–54	116.3	367.6	23.5*	3.8**	36.5	486.1
	55–64	69.4	244.6	4.5**	2.1**	35.7	310.1
	65 and over	49.9	261.8	3.9**	1.4**	36.7	315.2
	<i>Total</i>		<i>976.5</i>	<i>2,539.2</i>	<i>104.1</i>	<i>273.1</i>	<i>308.2</i>
Females	15–24	319.9	531.0	11.0*	271.0	55.5	856.6
	25–34	315.8	342.6	22.8*	14.9*	64.3	632.9
	35–44	267.2	334.3	15.2*	8.3*	59.3	577.8
	45–54	214.1	207.9	6.9*	1.7**	52.4	416.9
	55–64	119.0	186.0	2.3**	3.1**	60.6	316.0
	65 and over	141.8	247.5	1.5**	0.2**	79.9	403.2
	<i>Total</i>		<i>1,377.7</i>	<i>1,849.4</i>	<i>59.7</i>	<i>299.3</i>	<i>371.9</i>
Persons	15–24	588.3	1,160.1	25.8*	513.3	121.6	1,787.4
	25–34	601.8	921.4	48.6	27.0	155.3	1,430.0
	35–44	453.6	791.7	46.9	19.6*	101.4	1,195.8
	45–54	330.4	575.5	30.4	5.5**	88.9	903.0
	55–64	188.4	430.7	6.8*	5.3**	96.3	626.2
	65 and over	191.7	509.3	5.3**	1.6**	116.6	718.5
	<b>Total</b>		<b>2,354.3</b>	<b>4,388.6</b>	<b>163.8</b>	<b>572.3</b>	<b>680.1</b>

**Table 15 continued. Organised sport and physical activities: Type of organisation by Age and Gender<sup>a</sup>, 2003**

		Participation rate (%)					
		Fitness, leisure or indoor sports centre	Sport or recreation club or association	Work	School	Other	Total organised participation <sup>b</sup>
Males	15–24	19.3	45.1	1.1*	17.4	4.7	66.8
	25–34	19.4	39.2	1.7*	0.8*	6.2	54.0
	35–44	12.7	31.2	2.2	0.8*	2.9	42.1
	45–54	8.7	27.5	1.8*	0.3**	2.7	36.3
	55–64	6.9	24.5	0.4**	0.2**	3.6	31.0
	65 and over	4.8	25.1	0.4**	0.1**	3.5	30.2
	<i>Total</i>	<i>12.7</i>	<i>32.9</i>	<i>1.3</i>	<i>3.5</i>	<i>4.0</i>	<i>44.8</i>
Females	15–24	23.7	39.4	0.8*	20.1	4.1	63.5
	25–34	21.4	23.3	1.5*	1.0*	4.4	43.0
	35–44	18.1	22.6	1.0*	0.6*	4.0	39.0
	45–54	15.9	15.5	0.5*	0.1**	3.9	31.0
	55–64	12.1	19.0	0.2**	0.3**	6.2	32.2
	65 and over	11.5	20.1	0.1**	0.0**	6.5	32.8
	<i>Total</i>	<i>17.5</i>	<i>23.5</i>	<i>0.8</i>	<i>3.8</i>	<i>4.7</i>	<i>40.8</i>
Persons	15–24	21.4	42.3	0.9*	18.7	4.4	65.2
	25–34	20.4	31.2	1.6	0.9	5.3	48.5
	35–44	15.4	26.9	1.6	0.7*	3.4	40.6
	45–54	12.3	21.4	1.1	0.2**	3.3	33.6
	55–64	9.5	21.7	0.3*	0.3**	4.9	31.6
	65 and over	8.4	22.4	0.2**	0.1**	5.1	31.6
	<b>Total</b>	<b>15.1</b>	<b>28.2</b>	<b>1.1</b>	<b>3.7</b>	<b>4.4</b>	<b>42.8</b>

<sup>a</sup> Relates to persons aged 15 years and over who participated in any organised sport or physical activity over a 12-month period prior to interview in 2003. These persons may also have participated in activities that were not organised

<sup>b</sup> 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 sports and physical activities, 2003 — Australian Capital Territory**

	Males		Females		Persons	
	Number '000	Participation rate %	Number '000	Participation rate %	Number '000	Participation rate %
Aerobics/fitness	19.9	16.3	30.3	24.3	50.2	20.4
Aquarobics	0.4**	0.3**	2.5	2.0	2.9	1.2
Australian football	3.8	3.1	0.6*	0.5*	4.4	1.8
Basketball	4.9	4.0	2.9	2.4	7.8	3.2
Canoeing/kayaking	1.6*	1.3*	0.7*	0.6*	2.4	1.0
Cricket (indoor)	4.9	4.0	0.3**	0.2**	5.2	2.1
Cricket (outdoor)	6.8	5.6	0.6*	0.5*	7.4	3.0
Cycling	26.0	21.3	16.5	13.3	42.5	17.3
Dancing	0.6**	0.5**	4.7	3.8	5.3	2.1
Fishing	2.4	2.0	0.2**	0.2**	2.7	1.1
Golf	12.9	10.6	4.3	3.5	17.3	7.0
Hockey (outdoor)	1.7*	1.4*	1.4*	1.1*	3.0	1.2
Horse riding/equestrian activities/polocrosse	0.1**	0.1**	2.0*	1.6*	2.2	0.9
Ice/snow sports	4.3	3.5	3.5	2.8	7.8	3.2
Lawn bowls	1.9*	1.6*	0.9*	0.7*	2.8	1.1
Martial arts	3.1	2.6	2.7	2.2	5.9	2.4
Netball	1.7*	1.4*	10.9	8.7	12.6	5.1
Orienteering	1.9*	1.6*	1.4*	1.1*	3.3	1.3
Rock climbing	1.6*	1.3*	1.3*	1.0*	2.9	1.2
Roller sports	2.7	2.2	2.0*	1.6*	4.7	1.9
Rugby league	3.8	3.1	0.3**	0.2**	4.1	1.7
Rugby union	4.2	3.4	0.0**	0.0**	4.2	1.7
Running	17.5	14.3	10.8	8.7	28.3	11.5
Soccer (indoor)	7.4	6.1	1.8*	1.5*	9.2	3.7
Soccer (outdoor)	11.6	9.5	3.8	3.1	15.4	6.3
Softball	1.1*	0.9*	1.5*	1.2*	2.6	1.0
Squash/racquetball	4.7	3.9	1.4*	1.1*	6.1	2.5
Surf sports	2.8	2.3	0.7*	0.5*	3.4	1.4
Swimming	17.6	14.4	23.2	18.6	40.8	16.6
Tennis	14.7	12.0	7.8	6.3	22.5	9.1
Tenpin bowling	1.4*	1.1*	1.2*	0.9*	2.5	1.0
Touch football	7.9	6.5	3.1	2.5	11.1	4.5
Volleyball	4.5	3.7	2.1	1.7	6.6	2.7
Walking (bush)	13.0	10.7	12.4	10.0	25.4	10.3
Walking (other)	37.5	30.8	65.1	52.3	102.6	41.6
Waterskiing/powerboating	1.2*	1.0*	0.9*	0.8*	2.2	0.9
Weight training	8.0	6.6	6.1	4.9	14.2	5.7
Yoga	1.4*	1.1*	5.8	4.7	7.2	2.9

\* 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 17. Selected sports and physical activities, 2003 — New South Wales**

	Males		Females		Persons	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	321.5	12.4	524.0	19.9	845.5	16.2
Aquarobics	4.6**	0.2**	68.9	2.6	73.4	1.4
Athletics/track and field	14.3*	0.6*	17.7*	0.7*	32.0	0.6
Australian football	45.9	1.8	6.6**	0.3**	52.5	1.0
Basketball	119.4	4.6	51.7	2.0	171.1	3.3
Canoeing/kayaking	23.2*	0.9*	8.3**	0.3**	31.4	0.6
Cricket (indoor)	45.7	1.8	7.0**	0.3**	52.7	1.0
Cricket (outdoor)	119.2	4.6	16.7*	0.6*	135.9	2.6
Cycling	294.9	11.4	109.4	4.2	404.3	7.7
Dancing	28.4*	1.1*	103.1	3.9	131.5	2.5
Fishing	104.7	4.0	7.2**	0.3**	112.0	2.1
Golf	363.6	14.1	75.6	2.9	439.2	8.4
Hockey (outdoor)	15.4*	0.6*	25.5*	1.0*	40.8	0.8
Horse riding/equestrian activities/polocrosse	20.5*	0.8*	26.3*	1.0*	46.8	0.9
Ice/snow sports	62.4	2.4	25.6*	1.0*	88.0	1.7
Lawn bowls	85.9	3.3	59.1	2.2	145.0	2.8
Martial arts	32.1	1.2	81.6	3.1	113.8	2.2
Motor sports	43.6	1.7	3.3**	0.1**	46.9	0.9
Netball	9.8*	0.4*	138.5	5.3	148.3	2.8
Orienteering	18.4*	0.7*	13.2*	0.5*	31.6	0.6
Roller sports	25.0*	1.0*	7.2**	0.3**	32.2	0.6
Rugby league	76.5	3.0	7.7**	0.3**	84.2	1.6
Rugby union	41.6	1.6	11.0*	0.4*	52.6	1.0
Running	271.3	10.5	97.2	3.7	368.5	7.1
Sailing	40.6	1.6	6.9**	0.3**	47.5	0.9
Scuba diving	17.6*	0.7*	11.4*	0.4*	29.0	0.6
Soccer (indoor)	72.1	2.8	19.7*	0.7*	91.8	1.8
Soccer (outdoor)	216.2	8.4	62.8	2.4	279.0	5.3
Squash/racquetball	86.6	3.3	24.4*	0.9*	111.0	2.1
Surf sports	133.8	5.2	15.9*	0.6*	149.7	2.9
Swimming	431.6	16.7	483.9	18.4	915.6	17.5
Tennis	281.9	10.9	230.2	8.7	512.1	9.8
Tenpin bowling	20.9*	0.8*	33.1	1.3	54.0	1.0
Touch football	132.0	5.1	57.1	2.2	189.1	3.6
Volleyball	13.4*	0.5*	17.6*	0.7*	31.0	0.6
Walking (bush)	185.9	7.2	168.0	6.4	353.9	6.8
Walking (other)	676.1	26.1	1,203.2	45.7	1,879.3	36.0
Waterskiing/ powerboating	44.1	1.7	8.8**	0.3**	52.9	1.0
Weight training	83.1	3.2	59.7	2.3	142.9	2.7
Yoga	30.7	1.2	139.9	5.3	170.6	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 18. Selected sports and physical activities, 2003 — Northern Territory**

	Males		Females		Persons	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	7.5	10.2	13.5	19.9	21.0	14.9
Australian football	5.7	7.8	0.5*	0.7*	6.2	4.4
Basketball	2.5	3.4	1.9	2.8	4.4	3.1
Cricket (indoor)	4.1	5.6	0.0**	0.0**	4.1	2.9
Cricket (outdoor)	4.6	6.3	0.7*	1.0*	5.3	3.8
Cycling	13.8	18.8	9.2	13.7	23.1	16.3
Dancing	0.4**	0.5**	2.5	3.7	2.9	2.0
Fishing	4.8	6.5	1.3*	2.0*	6.1	4.4
Golf	7.2	9.8	1.7	2.5	8.9	6.3
Hockey (outdoor)	0.9*	1.2*	0.8*	1.3*	1.7	1.2
Martial arts	1.0*	1.4*	0.8*	1.1*	1.8	1.3
Motor sports	3.3	4.5	0.3**	0.4**	3.6	2.6
Netball	1.1*	1.5*	5.4	8.0	6.5	4.6
Orienteering	1.3*	1.7*	0.4**	0.6**	1.7	1.2
Rock climbing	1.4*	1.9*	0.7*	1.0*	2.1	1.5
Rugby league	2.0	2.7	0.1**	0.1**	2.0	1.5
Rugby union	2.4	3.2	0.4**	0.5**	2.7	1.9
Running	7.9	10.8	4.8	7.1	12.7	9.0
Soccer (indoor)	1.3*	1.7*	0.4**	0.5**	1.6	1.2
Soccer (outdoor)	3.9	5.3	1.2*	1.8*	5.1	3.6
Squash/racquetball	1.8	2.5	0.6*	0.9*	2.4	1.7
Swimming	6.8	9.3	13.9	20.6	20.8	14.7
Tennis	3.7	5.0	3.7	5.5	7.4	5.3
Touch football	2.0	2.7	1.5*	2.3*	3.5	2.5
Volleyball	3.3	4.5	3.0	4.4	6.3	4.5
Walking (bush)	3.8	5.1	4.1	6.0	7.8	5.6
Walking (other)	16.5	22.4	33.4	49.4	49.9	35.3
Weight training	2.1	2.9	1.2*	1.8*	3.3	2.4
Yoga	0.5*	0.7*	3.7	5.5	4.2	3.0

\* 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 19. Selected sports and physical activities, 2003 — Queensland**

	Males		Females		Persons	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	160.7	11.0	260.9	17.6	421.6	14.4
Aquarobics	0.0**	0.0**	43.7	3.0	43.7	1.5
Athletics/track and field	14.9*	1.0*	12.0*	0.8*	27.0	0.9
Basketball	32.1	2.2	22.8	1.5	54.9	1.9
Cricket (indoor)	32.7	2.2	0.0**	0.0**	32.7	1.1
Cricket (outdoor)	61.3	4.2	8.9*	0.6*	70.2	2.4
Cycling	163.6	11.2	111.1	7.5	274.6	9.3
Dancing	5.3**	0.4**	50.4	3.4	55.8	1.9
Fishing	100.7	6.9	23.1	1.6	123.8	4.2
Golf	169.1	11.6	54.0	3.7	223.1	7.6
Hockey (outdoor)	10.1*	0.7*	12.0*	0.8*	22.1	0.8
Horse riding/equestrian activities/polocrosse	14.5*	1.0*	29.0	2.0	43.5	1.5
Lawn bowls	35.4	2.4	28.1	1.9	63.5	2.2
Martial arts	51.7	3.5	35.6	2.4	87.3	3.0
Motor sports	29.9	2.1	9.2*	0.6*	39.1	1.3
Netball	18.2*	1.2*	87.3	5.9	105.5	3.6
Orienteering	6.6**	0.5**	19.7*	1.3*	26.4	0.9
Roller sports	21.4*	1.5*	7.9*	0.5*	29.3	1.0
Rugby league	63.8	4.4	6.8*	0.5*	70.6	2.4
Rugby union	40.1	2.7	2.4**	0.2**	42.5	1.4
Running	126.2	8.7	83.7	5.7	209.9	7.1
Sailing	19.9*	1.4*	3.0**	0.2**	22.9	0.8
Soccer (indoor)	19.5*	1.3*	14.8*	1.0*	34.3	1.2
Soccer (outdoor)	93.0	6.4	46.5	3.1	139.5	4.7
Squash/racquetball	49.1	3.4	23.9	1.6	73.0	2.5
Surf sports	77.6	5.3	18.6*	1.3*	96.2	3.3
Swimming	180.3	12.4	240.5	16.3	420.8	14.3
Tennis	96.5	6.6	108.9	7.4	205.4	7.0
Tenpin bowling	22.6	1.6	21.9*	1.5*	44.5	1.5
Touch football	62.2	4.3	56.0	3.8	118.2	4.0
Volleyball	24.3	1.7	32.9	2.2	57.2	1.9
Walking (bush)	52.5	3.6	72.1	4.9	124.6	4.2
Walking (other)	359.3	24.6	683.4	46.2	1,042.7	35.5
Waterskiing/powerboating	26.6	1.8	6.4**	0.4**	32.9	1.1
Weight training	35.8	2.5	18.3*	1.2*	54.1	1.8
Yoga	3.3**	0.2**	83.0	5.6	86.4	2.9

\* 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 20. Selected sports and physical activities, 2003 — South Australia**

	Males		Females		Persons	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	73.2	12.3	118.8	19.5	192.0	15.9
Aquarobics	1.3**	0.2**	12.2	2.0	13.4	1.1
Australian football	63.6	10.7	2.1**	0.3**	65.7	5.5
Badminton	5.6*	0.9*	4.6*	0.8*	10.2	0.8
Basketball	31.2	5.3	19.1	3.1	50.3	4.2
Cricket (indoor)	11.7	2.0	0.0**	0.0**	11.7	1.0
Cricket (outdoor)	37.6	6.3	3.4*	0.6*	40.9	3.4
Cycling	80.7	13.6	36.3	6.0	117.0	9.7
Dancing	3.2*	0.5*	19.3	3.2	22.5	1.9
Fishing	17.2	2.9	4.2*	0.7*	21.4	1.8
Golf	71.8	12.1	14.6	2.4	86.4	7.2
Horse riding/equestrian activities/polocrosse	4.5*	0.8*	15.3	2.5	19.8	1.6
Lawn bowls	17.2	2.9	20.8	3.4	38.0	3.2
Martial arts	6.6*	1.1*	17.1	2.8	23.7	2.0
Motor sports	12.5	2.1	0.0**	0.0**	12.5	1.0
Netball	9.8	1.6	62.0	10.2	71.8	6.0
Running	62.0	10.4	26.8	4.4	88.8	7.4
Shooting sports	8.9*	1.5*	1.3**	0.2**	10.2	0.8
Soccer (indoor)	10.7	1.8	1.6**	0.3**	12.2	1.0
Soccer (outdoor)	28.3	4.8	7.0*	1.1*	35.2	2.9
Squash/racquetball	14.4	2.4	4.0*	0.7*	18.4	1.5
Surf sports	14.0	2.4	1.3**	0.2**	15.3	1.3
Swimming	55.9	9.4	67.9	11.1	123.8	10.3
Tennis	66.4	11.2	47.6	7.8	114.0	9.5
Tenpin bowling	7.0*	1.2*	3.3*	0.5*	10.3	0.9
Volleyball	5.8*	1.0*	10.7	1.8	16.5	1.4
Walking (bush)	33.4	5.6	30.8	5.1	64.2	5.3
Walking (other)	186.0	31.3	304.6	49.9	490.6	40.7
Waterskiing/powerboating	11.3	1.9	6.3*	1.0*	17.6	1.5
Weight training	21.3	3.6	10.2	1.7	31.4	2.6
Yoga	2.8**	0.5**	27.6	4.5	30.4	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 sports and physical activities, 2003 — Tasmania**

	Males		Females		Persons	
	Number '000	Participation rate %	Number '000	Participation rate %	Number '000	Participation rate %
Aerobics/fitness	14.2	7.9	36.7	19.4	50.9	13.8
Athletics/track and field	2.6*	1.5*	1.8*	1.0*	4.5	1.2
Australian football	15.7	8.7	0.2**	0.1**	15.9	4.3
Badminton	2.3*	1.3*	4.0	2.1	6.4	1.7
Basketball	5.6	3.1	4.7	2.5	10.2	2.8
Canoeing/kayaking	4.6	2.6	1.3*	0.7*	5.9	1.6
Cricket (outdoor)	10.8	6.0	1.7*	0.9*	12.5	3.4
Cycling	25.0	13.8	11.0	5.8	35.9	9.7
Dancing	0.7**	0.4**	6.9	3.6	7.7	2.1
Fishing	14.3	7.9	3.0*	1.6*	17.3	4.7
Golf	22.8	12.6	4.7	2.5	27.6	7.5
Hockey (outdoor)	3.6	2.0	3.5	1.8	7.0	1.9
Horse riding/equestrian activities/polocrosse	1.2*	0.7*	3.6	1.9	4.8	1.3
Lawn bowls	5.1	2.8	3.6	1.9	8.7	2.4
Martial arts	2.3*	1.3*	4.1	2.2	6.5	1.8
Motor sports	3.7	2.0	0.4**	0.2**	4.0	1.1
Netball	2.2*	1.2*	12.7	6.7	14.9	4.0
Orienteering	3.0*	1.7*	1.7*	0.9*	4.7	1.3
Roller sports	2.2*	1.2*	1.0**	0.5**	3.2	0.9
Running	14.4	8.0	7.7	4.1	22.2	6.0
Sailing	4.8	2.6	0.6**	0.3**	5.3	1.4
Scuba diving	4.2	2.3	0.6**	0.3**	4.9	1.3
Shooting sports	3.8	2.1	0.6**	0.3**	4.4	1.2
Soccer (indoor)	2.7*	1.5*	2.4*	1.3*	5.1	1.4
Soccer (outdoor)	8.0	4.4	2.0*	1.1*	10.0	2.7
Squash/racquetball	5.2	2.9	0.8**	0.4**	6.0	1.6
Surf sports	6.5	3.6	1.0**	0.5**	7.5	2.0
Swimming	22.4	12.4	30.9	16.3	53.3	14.4
Tennis	14.0	7.8	8.4	4.4	22.4	6.1
Volleyball	1.9*	1.1*	2.8*	1.5*	4.7	1.3
Walking (bush)	17.1	9.5	16.1	8.5	33.2	9.0
Walking (other)	50.3	27.9	98.8	52.2	149.1	40.3
Weight training	3.3	1.8	3.3	1.7	6.6	1.8
Yoga	0.7**	0.4**	6.0	3.1	6.7	1.8

\* 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 sports and physical activities, 2003 — Victoria**

	Males		Females		Persons	
	Number '000	Participation rate %	Number '000	Participation rate %	Number '000	Participation rate %
Aerobics/fitness	232.7	12.0	394.1	19.8	626.8	16.0
Aquarobics	4.5**	0.2**	21.4*	1.1*	25.9	0.7
Athletics/track and field	27.9	1.4	14.4*	0.7*	42.3	1.1
Australian football	182.8	9.4	18.1*	0.9*	200.9	5.1
Badminton	25.3	1.3	20.7*	1.0*	46.0	1.2
Basketball	95.9	5.0	94.4	4.8	190.3	4.9
Canoeing/kayaking	19.1*	1.0*	16.2*	0.8*	35.3	0.9
Cricket (indoor)	58.5	3.0	2.3**	0.1**	60.9	1.6
Cricket (outdoor)	159.2	8.2	22.5*	1.1*	181.7	4.6
Cycling	257.8	13.3	148.1	7.5	406.0	10.3
Dancing	27.4	1.4	55.3	2.8	82.7	2.1
Fishing	53.0	2.7	19.5*	1.0*	72.5	1.8
Golf	289.6	15.0	67.6	3.4	357.2	9.1
Hockey (outdoor)	10.0*	0.5*	29.2	1.5	39.1	1.0
Horse riding/equestrian activities/polocrosse	18.9*	1.0*	33.0	1.7	51.9	1.3
Ice/snow sports	41.9	2.2	29.0	1.5	70.9	1.8
Lawn bowls	45.5	2.3	35.2	1.8	80.7	2.1
Martial arts	43.4	2.2	55.8	2.8	99.2	2.5
Motor sports	45.7	2.4	3.9**	0.2**	49.6	1.3
Netball	23.2*	1.2*	169.8	8.6	193.0	4.9
Orienteering	23.7*	1.2*	15.1*	0.8*	38.8	1.0
Rock climbing	13.8*	0.7	13.4*	0.7*	27.3	0.7
Roller sports	15.7*	0.8	16.9*	0.9*	32.6	0.8
Running	208.1	10.7	125.1	6.3	333.2	8.5
Shooting sports	29.6	1.5	3.3**	0.2**	32.9	0.8
Soccer (indoor)	64.7	3.3	17.6*	0.9*	82.3	2.1
Soccer (outdoor)	87.6	4.5	40.5	2.0	128.1	3.3
Squash/racquetball	67.3	3.5	23.8*	1.2*	91.1	2.3
Surf sports	42.1	2.2	15.5*	0.8*	57.6	1.5
Swimming	217.0	11.2	322.4	16.2	539.3	13.7
Table tennis	27.1	1.4	4.2**	0.2**	31.3	0.8
Tennis	204.0	10.5	206.8	10.4	410.8	10.5
Tenpin bowling	25.0*	1.3*	21.3*	1.1*	46.3	1.2
Volleyball	28.2	1.5	20.5*	1.0*	48.7	1.2
Walking (bush)	121.1	6.3	104.4	5.3	225.4	5.7
Walking (other)	562.0	29.0	1,028.2	51.8	1,590.2	40.5
Waterskiing/powerboating	26.0	1.3	25.0*	1.3*	51.0	1.3
Weight training	76.1	3.9	54.3	2.7	130.4	3.3
Yoga	5.4**	0.3**	132.8	6.7	138.2	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 23. Selected sports and physical activities, 2003 — Western Australia**

	Males		Females		Persons	
	Number '000	Participation rate %	Number '000	Participation rate %	Number '000	Participation rate %
Aerobics/fitness	90.1	11.7	189.5	24.7	279.6	18.2
Aquarobics	0.9**	0.1**	11.8	1.5	12.6	0.8
Australian football	66.9	8.7	1.9**	0.3**	68.8	4.5
Badminton	9.5*	1.2*	16.3	2.1	25.8	1.7
Basketball	43.4	5.7	26.8	3.5	70.2	4.6
Cricket (indoor)	17.2	2.2	1.8**	0.2**	18.9	1.2
Cricket (outdoor)	53.1	6.9	1.0**	0.1**	54.2	3.5
Cycling	98.6	12.9	69.8	9.1	168.4	11.0
Dancing	7.2*	0.9*	23.8	3.1	31.0	2.0
Fishing	39.0	5.1	7.8*	1.0*	46.8	3.0
Golf	87.8	11.4	35.0	4.6	122.8	8.0
Hockey (outdoor)	13.0	1.7	19.5	2.5	32.5	2.1
Horse riding/equestrian activities/polocrosse	6.5*	0.8*	15.0	1.9	21.4	1.4
Lawn bowls	13.7	1.8	11.3*	1.5*	25.1	1.6
Martial arts	11.5	1.5	11.6	1.5	23.2	1.5
Motor sports	15.2	2.0	1.8**	0.2**	17.0	1.1
Netball	7.4*	1.0*	54.0	7.0	61.4	4.0
Roller sports	7.2*	0.9*	6.5*	0.8*	13.6	0.9
Rugby union	13.4	1.7	0.0**	0.0**	13.4	0.9
Running	72.2	9.4	45.2	5.9	117.5	7.6
Sailing	11.3*	1.5*	6.7*	0.9*	18.0	1.2
Scuba diving	20.5	2.7	3.0**	0.4**	23.5	1.5
Soccer (indoor)	29.5	3.8	1.3**	0.2**	30.8	2.0
Soccer (outdoor)	42.6	5.6	14.3	1.9	56.9	3.7
Softball	3.1**	0.4**	11.0*	1.4*	14.1	0.9
Squash/racquetball	25.7	3.3	6.4*	0.8*	32.1	2.1
Surf sports	32.5	4.2	5.7*	0.7*	38.2	2.5
Swimming	105.5	13.7	163.2	21.2	268.7	17.5
Tennis	53.0	6.9	59.5	7.7	112.6	7.3
Touch football	7.6*	1.0*	5.9*	0.8*	13.5	0.9
Volleyball	15.5	2.0	18.8	2.4	34.2	2.2
Walking (bush)	24.2	3.2	43.7	5.7	67.9	4.4
Walking (other)	209.5	27.3	391.8	51.0	601.3	39.1
Waterskiing/ powerboating	12.9	1.7	4.5*	0.6*	17.4	1.1
Weight training	24.8	3.2	28.1	3.7	52.9	3.4
Yoga	5.4*	0.7*	37.3	4.9	42.7	2.8

\* 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. Sport and physical activities: 2001–2003**

	Year	ACT	NSW	NT	QLD	SA Number ('000)	TAS	VIC	WA	Australia
Males	2001	103.0	2,025.9	60.1	1,099.2	447.2	134.4	1,493.6	600.4	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	108.5	2,153.9	59.5	1,149.1	490.3	145.6	1,633.8	636.1	6,376.8
Females	2001	98.5	1,945.5	53.2	1,060.8	438.7	146.4	1,443.9	597.6	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	2,101.1	57.7	1,204.2	502.6	153.1	1,684.0	661.1	6,473.9
Persons	2001	201.5	3,971.4	113.3	2,160.0	886.0	280.8	2,937.6	1,198.1	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	218.6	4,255.0	117.2	2,353.4	992.9	298.7	3,317.8	1,297.2	12,850.7
Participation rate (%)										
Males	2001	85.9	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	89.0	83.2	81.0	78.8	82.6	80.6	84.4	82.9	82.6
Females	2001	80.6	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	88.4	79.8	85.4	81.4	82.4	80.9	84.8	86.0	82.4
Persons	2001	83.2	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	88.7	81.5	83.1	80.1	82.5	80.7	84.6	84.4	82.5

**Table 25. Organised sport and physical activities: 2001–2003**

	Year	ACT	NSW	NT	QLD	SA Number ('000)	TAS	VIC	WA	Australia
Males	2001	56.4	1,058.4	35.3	564.7	253.1	79.0	794.2	317.3	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	61.5	1,140.0	33.8	598.0	283.9	80.0	925.6	334.5	3,457.3
Females	2001	48.1	913.9	27.9	536.8	223.2	76.4	740.6	306.6	2,873.6
	2002	54.3	995.3	29.6	546.4	216.0	65.1	745.5	312.9	2,965.0
	2003	57.5	1,030.9	29.8	565.2	239.1	75.5	852.0	353.6	3,203.5
Persons	2001	104.5	1,972.3	63.2	1,101.5	476.3	155.4	1,534.8	623.9	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	119.0	2,170.9	63.6	1,163.2	522.9	155.4	1,777.6	688.1	6,660.8
Participation rate (%)										
Males	2001	47.1	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	50.4	44.1	46.0	41.0	47.8	44.3	47.8	43.6	44.8
Females	2001	39.3	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	44.1	38.2	39.2	39.8	42.9	46.0	40.8
Persons	2001	43.2	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	48.3	41.6	45.1	39.6	43.4	42.0	45.3	44.8	42.8

# Explanatory notes

## Introduction

The ERASS collects information on participation in physical activity for exercise, recreation and sport by Australians. 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 2003 were compiled by aggregating the four quarterly surveys conducted in February, May, August and November.

## 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).

## 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 last birthday method).

**Total Sample:** The total sample of records used to produce estimates for 2003 was 13,644 persons.

**Overall Response Rate:** The overall response rate is currently about 45.3%. The **response rate** is the number of completed interviews divided by the number of contacts plus those where there was no answer after 6 calls.

## Questionnaire

The questionnaire covers two main areas:

- Physical activity over the last 12 months — identifying up to 10 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; and
- Demographics — covers gender, age, marital status, number and age of children, educational qualifications, employment status and postcode.

A copy of the questionnaire is on page 56.

## Comparability of the data

The survey was first conducted in 2001. This publication provides results from the third survey conducted in 2003. The survey will also be conducted in 2004 through to 2006, which will allow a comparison of participation in sport and physical activity over a six-year period.

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

## Standard errors and relative standard errors

Since the estimates presented in the tables are based on information obtained by 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.

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 followed 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 followed by a double asterisk (for example, 3.6\*\*) and are subject to sampling error too high for most practical purposes.

The table on page 55 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 9,083 and 28,973 should be followed by a single asterisk and used with caution, and an estimate less than 9,083 should be followed by a double asterisk and will be considered too unreliable for general use.

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## 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	5,000	46,600
8,000,000	69,600	61,900	34,900	33,200	32,300	14,700	13,400	5,400	52,900

## 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

## 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



# 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 10 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 Gender 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	56	Blade-skating	111	Powerboating
2	Chinese exercise	57	Ice hockey	112	Waterskiing
3	Exercise bike	58	Ice skating	113	Wrestling
4	Gymnasium workouts	59	Snow skiing	114	Tennis (indoor)
5	Military exercise	60	Ice/snow sports — other	115	Lacrosse (indoor)
6	Prime movers=>50s	61	Lacrosse (outdoor)	116	Canoe polo
7	Step Reebok	62	Lawn bowls	117	Bodybuilding
8	Aerobics/calisthenics/ exercising — other	63	Chi kung	118	Circuits
9	Aerobatics	64	Eastern — judo	119	Power team
10	Ballooning	65	Judo	120	Weight training for fitness — other
11	Gliding	66	Karate	121	Ballet
12	Gyroplane flying	67	Kickboxing	122	Boot scooting
13	Hang gliding	68	Taekwondo	123	Dancing — other
14	Model aeroplane flying	69	Tai Chi	124	Fishing
15	Ultralight flying	70	Yoga	125	Electric light cricket
16	Air sports — other	71	Martial arts — other	126	Wheelchair ice hockey
17	Archery	72	Motor sports — go- karting	127	Scuba diving
18	Bow hunting	73	Motor sports — track	128	Water polo
19	Athletics — track and field	74	Motor sports — trail bike	129	Dog racing
20	Badminton	75	Motor sports — other	130	Walking — bush
21	Baseball	76	Netball (indoor)	131	Walking — other (specify)
22	Basketball (indoor and outdoor)	77	Netball (outdoor)	133	Abseiling
23	Billiards	78	Cross-country running	134	Caving
24	Pool	79	Orienteering	135	Rock climbing
25	Snooker	80	Rogaining	136	Handball
26	Bocce, Petanque — French bowls (outdoor)	81	Rodeo	137	Fencing
27	Boxing	82	Inline hockey	138	Gorilla ball
28	Canoeing	83	Rollerblading	139	Racquet ball
29	Kayaking	84	Skateboarding	140	Ultimate frisbee
30	Carpet bowls	85	Roller sports — other	141	Gaelic football
31	Cricket (indoor)	86	Rowing	142	Horseracing (strapping)
32	Cricket (outdoor) — Vigoro	87	Jogging	143	Teeball (T-ball)
33	Croquet	88	Running (for example, marathon)	144	Boomerang throwing
34	Cycling	89	Sailing (outrigging)	145	Water volleyball
35	BMX	90	Hunting	146	Woodchopping
36	Mountain bike	91	Paintball shooting	147	Dog shows
37	Darts	92	Pistol shooting	148	Sheepdog trials

38	Football — Australian rules	93	Shooting sports — other	149	Winter Olympics
39	Football — gridiron (US)	94	Softball	150	Marching
40	Football — rugby league	95	Squash	151	Aquarobics
41	Football — sevens	96	Surf lifesaving/Royal lifesaving	152	Korfball
42	Football — modball	97	Sailboarding	153	Underwater hockey
43	Football — rugby union	98	Windsurfing	154	Sofcrosse
44	Football — soccer (indoor)	99	Surfing	155	Commonwealth Games
45	Football — fluffy ball	100	Surf sports — other	156	Royal tennis
46	Football — futsal	101	Diving (board)	157	Broom ball
47	Football — soccer (outdoor)	102	Swimming	158	Polocrosse
48	Football — touch	103	Table tennis	159	Leader ball
49	Football — Austag	104	Tennis (outdoor)	160	Pigeon racing
50	Golf	105	Tenpin bowling	161	Weight-lifting (competition)
51	Gymnastics	106	Triathlons	162	Play
52	Trampolining	107	Volleyball (indoor) — rebound	163	Putt-putt golf
53	Hockey (indoor)	108	Newcombe ball	164	Grockey
54	Hockey (outdoor)	109	Volleyball (outdoor)	165	Other activities (specify)
55	Horseshooting/equestrian activities	110	Jet skiing		

# 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 did not look for work in the four weeks prior to interview.

## **Not married**

Not married persons 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.

## Errata – 2002 Annual Report

The following errors have been identified in the 2002 ERASS report.

Table 3 The data specified as less than once a week included participants who undertook sport and physical activities once per week. This error causes an overstatement of the number of participants undertaking an activity less than once a week and an understatement of the number of participants undertaking an activity once a week or more. The implication, if not addressed, is a reduction in the estimate of frequency of participation in 2002 for people exercising less than once a week.

**Table 3 2002 Sport and physical activities by frequency of participation<sup>a</sup>**

Age group (years)		Less than once a week '000	Once a week or more '000	Twice a a week or more '000	Three times a week or more '000	Total participation '000
Male	15–24	216.8	1,032.7	803.6	600.3	1,249.50
	25–34	280.1	951.1	726.0	548.0	1,231.20
	35–44	290.2	849.8	616.1	456.5	1,140.00
	45–54	259.0	757.9	606.6	458.4	1,016.90
	55–64	146.2	527.6	434.9	366.8	673.8
	65 and over	99.8	557.3	464.6	366.6	657.1
	<i>Total</i>	<i>1,292.1</i>	<i>4,676.4</i>	<i>3,651.50</i>	<i>2,796.20</i>	<i>5,968.60</i>
Female	15–24	223.1	935.0	747.2	571.1	1,158.20
	25–34	196.7	999.0	827.0	642.4	1,195.70
	35–44	207.0	970.5	780.1	588.2	1,177.50
	45–54	153.3	851.2	733.5	552.6	1,004.40
	55–64	115.6	563.1	495.1	388.6	678.7
	65 and over	87.6	641.4	525.1	406.4	729.0
	<i>Total</i>	<i>983.3</i>	<i>4,960.1</i>	<i>4,107.80</i>	<i>3,149.10</i>	<i>5,943.40</i>
Persons	15–24	440.0	1,967.8	1,550.70	1,171.40	2,407.70
	25–34	476.8	1,950.0	1,553.00	1,190.30	2,426.80
	35–44	497.2	1,820.3	1,396.00	1,044.60	2,317.40
	45–54	412.3	1,609.0	1,340.40	1,011.10	2,021.40
	55–64	261.8	1,090.7	929.9	755.3	1,352.50
	65 and over	187.4	1,198.7	989.6	772.9	1,386.10
	<i>Total</i>	<i>2,275.4</i>	<i>9,636.5</i>	<i>7,759.50</i>	<i>5,945.50</i>	<i>11,912.00</i>

**Table 3 2002 Sport and physical activities by frequency of participation<sup>a</sup>**

Age group (years)		Participation rate (%)				Total participation
		Less than once a week	Once a week or more	Twice a week or more	Three times a week or more	
Male	15–24	15.8	75.4	58.7	43.9	91.3
	25–34	19.2	65.2	49.8	37.6	84.4
	35–44	19.8	58.1	42.1	31.2	78.0
	45–54	19.6	57.2	45.8	34.6	76.8
	55–64	15.3	55.4	45.6	38.5	70.7
	65 and over	9.8	54.6	45.5	35.9	64.4
	<i>Total</i>	<i>17.0</i>	<i>61.6</i>	<i>48.1</i>	<i>36.9</i>	<i>78.7</i>
Female	15–24	16.9	70.8	56.6	43.2	87.7
	25–34	13.5	68.6	56.8	44.1	82.1
	35–44	14.0	65.8	52.9	39.9	79.8
	45–54	11.6	64.3	55.4	41.7	75.8
	55–64	12.4	60.2	53.0	41.6	72.6
	65 and over	7.2	52.9	43.3	33.5	60.2
	<i>Total</i>	<i>12.7</i>	<i>64.2</i>	<i>53.2</i>	<i>40.8</i>	<i>77.0</i>
Persons	15–24	16.4	73.2	57.7	43.6	89.5
	25–34	16.4	66.9	53.3	40.8	83.3
	35–44	16.9	62.0	47.5	35.6	78.9
	45–54	15.6	60.8	50.6	38.2	76.3
	55–64	13.9	57.8	49.3	40	71.7
	65 and over	8.4	53.7	44.3	34.6	62.1
	<i>Total</i>	<i>14.9</i>	<i>62.9</i>	<i>50.7</i>	<i>38.8</i>	<i>77.8</i>

<sup>a</sup> Relates to persons aged 15 years and over who participated in any organised sport or physical activity over a 12-month period prior to interview in 2002

These persons may also have participated in activities that were not organised

Table 4 The footnote to Table 4 should read 'Relates to all persons aged 15 years and over', and not 'Relates to persons aged 15+ who participated...'. This does not change the estimate of participation.

Table 6 Selected sports and physical activities by frequency of participation.

Activity='Running', Frequency participated 53–104 times, the correct 'estimate is 327.5 ('000).



## Contacts

For more information about the survey, please contact:

Corporate Planning and Research  
Business Operations  
Australian Sports Commission  
PO Box 176  
BELCONNEN ACT 2616  
Tel: (02) 6214 1221  
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) 9387 9700