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1 Executive summary

Background

The Exercise, Recreation and Sport Survey (ERASS) collected information on the frequency, duration, nature and type of activities of persons aged 15 years and over for exercise, recreation and sport during the 12 months prior to interview. The survey was conducted quarterly in 2006 with total of 13,710 respondents. A summary of key findings is provided below.

Findings — overall participation (including organised and non-organised activities)

Overall, 66.0% of people aged 15 years and over (10.9 million) participated in exercise at least once a week, down from 69.2% in 2005. The proportion of people participating in sport three or more times a week remained relatively steady (42.8% compared with 44.2% in 2005).

Females continued to be more likely to participate more often than males (with half of all females undertaking 2.5 sessions or more per week for all females (that is, median), compared with 2.0 sessions for all males). However, male participants were more likely to participate for five hours or more in the two weeks prior to their interview (35.7% compared with 26.7% of female participants).

The activities with the highest participation (at least once in the year) in 2006, in participation rate order, were: walking (36.2%); aerobics/ fitness activities (19.1%); swimming (13.6%); cycling (10.1%); and running (7.4%, replacing tennis which now has the eighth highest participation rate with 6.8%).

Findings — organised participation

An estimated 1.6 million persons aged 15 years and over participated three or more times per week in a physical activity for exercise, recreation and sport that was organised by a club, association, fitness centre or other type of organisation. This represented a participation rate of 9.7%, compared with 11.3% in 2006. A further 2.6 million persons participated once or twice a week, resulting in one quarter all of participants (25.3%) participating in organised activity at least once per week.

Males were more likely to participate in organised sport compared to females (40.8% and 37.4% respectively). Females were more likely to participate in sports organised by fitness, leisure or indoor sports centres (14.6% compared with 12.7% of males), while males were more likely to participate at a sports and recreation club or association (30.8% compared with 23.5% for females).

In 2006, the organised activity with the highest participation rate (at least once in the year) was aerobics/fitness activities (8.0%), followed by golf (3.8%), netball (3.1%), outdoor football¹ (2.7%) and tennis (2.7%). Activities participated in predominantly through activities organised by a club, association, fitness centre or other organisation included triathlons (96.9%), outdoor hockey (94.7%) and lawn bowls (93.3%).

Findings — non-organised participation

In 2006, the non-organised activity with the highest participation rate (at least once in the year) was walking (other than bushwalking) (35.6%), followed by aerobics/fitness activities (12.1%), swimming (12.1%), cycling (9.7%) and running (6.9%). Activities most likely to be non-organised included walking (98.5% of all walking is non-organised), cycling (95.7%), running (94.2%), bushwalking (91.9%) and swimming (88.9%).

Findings — Commonwealth Games

Questions on change in peoples' choice of activities showed that before and after the Games around one quarter of participants (26.0% and 25.0% respectively) were doing an activity that they were not doing 12 months earlier. The main reason provided for taking up a new activity was health or age — 58% of people before and after the Games said these things had led them to take up a new activity.

Questions on changes to participation showed that more a quarter of participants increased their participation (29% before the Games, 28% afterwards). Of those people who increased their participation, the majority (58% before the Games, 60% afterwards) said they did this because of their health or age.

ERASS allowed people who spent more time participating to nominate not only the main reason for the increase, but also to indicate if the Commonwealth Games had influenced their decision. Before the Games, 6% of those who had increased the time spent participating said the Commonwealth Games influenced that decision. This rose to 8% in the period after the Games.

Similarly, around 5% of participants (5.0% pre-Games and 6.0% afterwards) who took up a new activity said that the Commonwealth Games had influenced their decision, although the Games had not been the main reason for taking up that activity.

In the post-Games period, one in three participants (32.0%) indicated that the Commonwealth Games in Melbourne made participants feel more positive about Australia, up from 29.0% before the Games.

¹ Football was referred to as soccer in ERASS reports from 2001 to 2004.

2 Introduction

ERASS is a joint initiative of the Australian Sports Commission and the state and territory government agencies responsible for sport and recreation that was first conducted in 2001. This publication presents results from the sixth annual ERASS collection, which was conducted in 2006.

ERASS collects information on the frequency, duration, nature and type of activities that are participated in by 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 being a spectator or activities related to work, household chores or gardening duties.

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

The survey is conducted quarterly throughout Australia. In 2006, ACNielsen Research completed the fieldwork, and supplied the data tables provided in this report. The report was then prepared by ACNielsen Research for the Australian Sports Commission in consultation with the states and territories.

This publication presents information regarding the:

- frequency of participation in organised and non-organised physical activity for exercise, recreation and sport
- duration of participation in organised and non-organised physical activity for exercise, recreation and sport
- type of participation in physical activity for exercise, recreation and sport
- trends in participation over time.

Information is available for both organised and non-organised exercise, recreation and sport, for all states and territories and for a variety of demographic variables.

Although this report covers participation at all levels, it focuses on exploring the characteristics of persons who participated in exercise, recreation and sport at least three times a week or more on average over the 12 months prior to interview. This report also introduces, for the first time:

- profiles on the ten activities with the highest participation rates in 2006
- data relating to the 2006 Commonwealth Games and changes in participation in physical activities.

All data tables provided in previous ERASS reports are presented at the end of this report.

3 Main findings

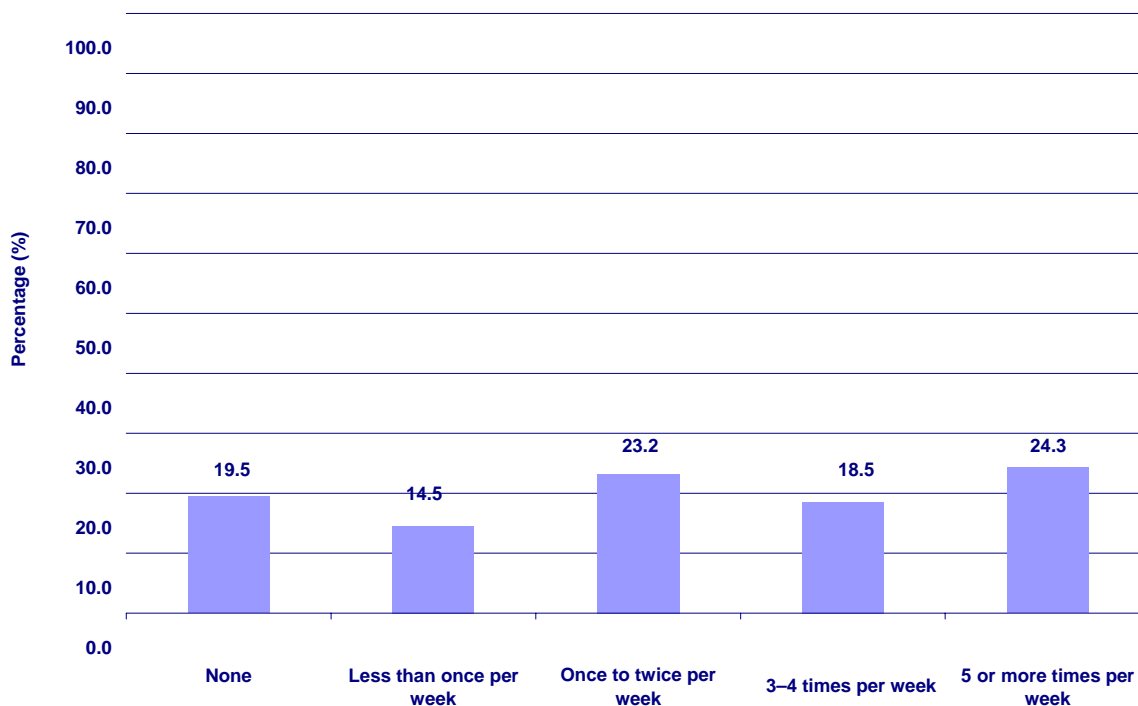
3.1 Overall participation

Overview

During the 12 months prior to interview in 2006, an estimated 10.9 million persons aged 15 years and over participated at least once per week¹ in physical activity for exercise, recreation and sport, a participation rate of 66.0% (Table 7). Household or garden duties, or activities that were part of work, were not included.

An estimated 7.1 million persons aged 15 years and over exercised three times a week or more (42.8%) (Table 7). A total of 5.6 million persons (34.0%) either did not participate in any activity, or participated less than once per week in the 12 months prior to interview (Figure 1 and Table 5).

Figure 1: Weekly frequency of overall participation



Base: All persons aged 15 years and over (n=13,710)

Of the people that participated in physical activity for exercise, recreation and sport in the two weeks prior to interview, 69.4% participated for two hours or more and 31.1% participated for five hours or more (Table 11).

¹ Refer to the glossary for information about how 'per week' statistics are calculated.

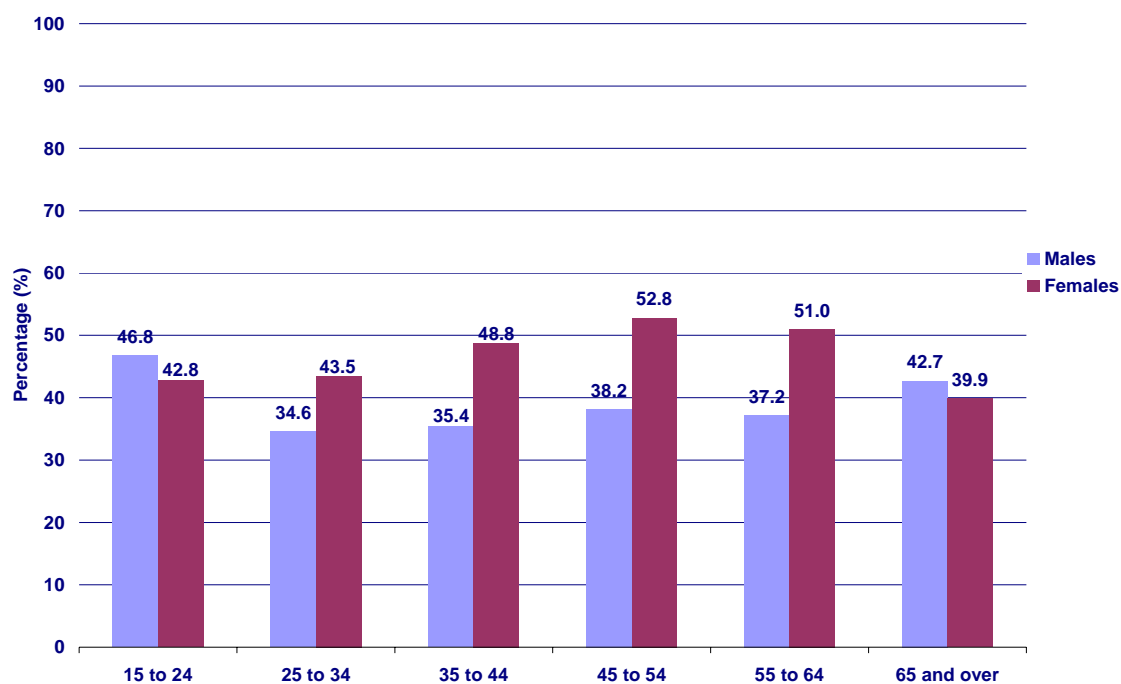
Age and sex

In 2006, females were more likely than males to participate three times a week or more in physical activity for exercise, recreation and sport (46.3% and 39.1% respectively) (Table 7).

People aged 25 to 34 were least likely to participate three times a week or more (39.1%) (Table 7).

While both sexes were fairly active in the 15 to 24-year-old age bracket, women were gradually more likely to be active as they get older, until participation rates drop significantly for females aged 65 years or older (39.9%). Conversely, males were most likely to be active between the ages of 15 and 24 (46.8%), followed by those aged 65 years and over (42.7%) (Figure 2 and Table 7).

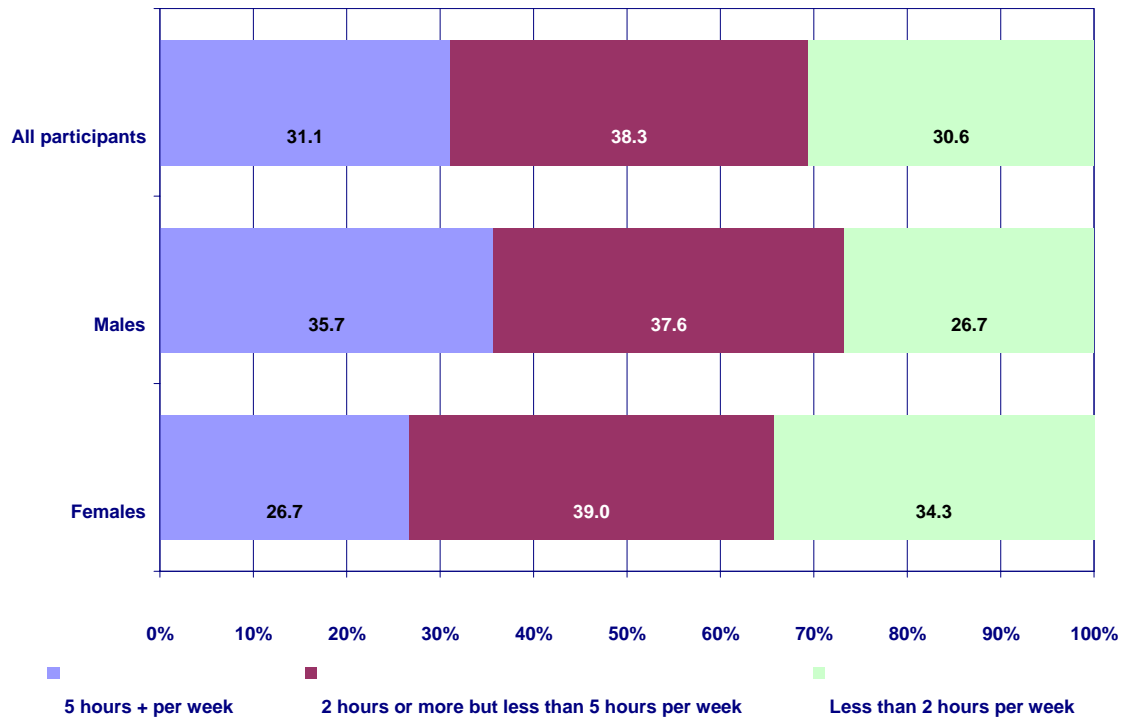
Figure 2: Overall participation (three times a week or more) by age and sex



Base: All persons aged 15 years and over (n=13,710)

While females were more likely to participate more often than males, males who participated were more likely to participate for longer periods than females. Almost 36% of males who participated during the two weeks prior to interview, did so for five hours or more, compared to 26.7% of females (Figure 3 and Tables 14 and 15).

Figure 3: Duration of overall participation in the two weeks prior to interview by age and sex — participants only



Base: All participants in two weeks prior to interview

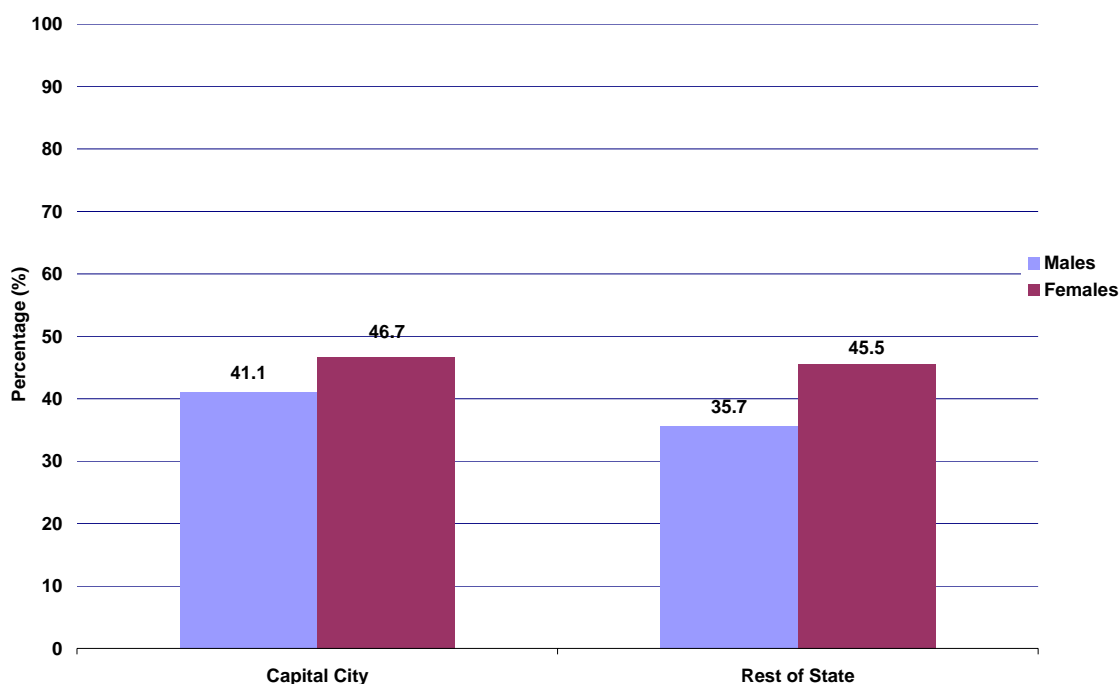
Labour force status

Those not in the labour force, including students and retired persons, had the lowest participation rate for participating three or more times per week (41.7%), compared to those employed (43.2%) and those who were unemployed (43.1%) (Table 2). The main difference in the participation rate between males and females was among those employed full time (36.6% for males, compared with 51.1% for females).

Regional status

Persons living in capital cities were more likely to participate in physical activity for exercise, recreation and sport three times a week or more, compared to those living in the rest of the state (44.0% and 40.6% respectively) (Table 2). In both areas, however, the likelihood of participation was higher for females than for males, reflecting the national pattern (Figure 4).

Figure 4: Overall participation (three times a week or more) by region and sex



Base: All persons aged 15 years and over (n=13,710)

Education

The likelihood of participation three times a week was highest for those with a university degree (50.9%) or still at secondary school (50.5%). Participation was lowest (31.2%¹) for those that never went to school (Table 2).

Indigenous status

Statistics on the Indigenous population are subject to a range of data quality issues. In addition to cultural considerations in relation to statistical matters, data quality issues arise from the relatively small size of the Indigenous population in comparison with the total population of Australia, the high level of dispersion of the Indigenous population, particularly across remote areas of Australia, and the way in which Indigenous persons are identified in statistical collections (ABS 2006a).

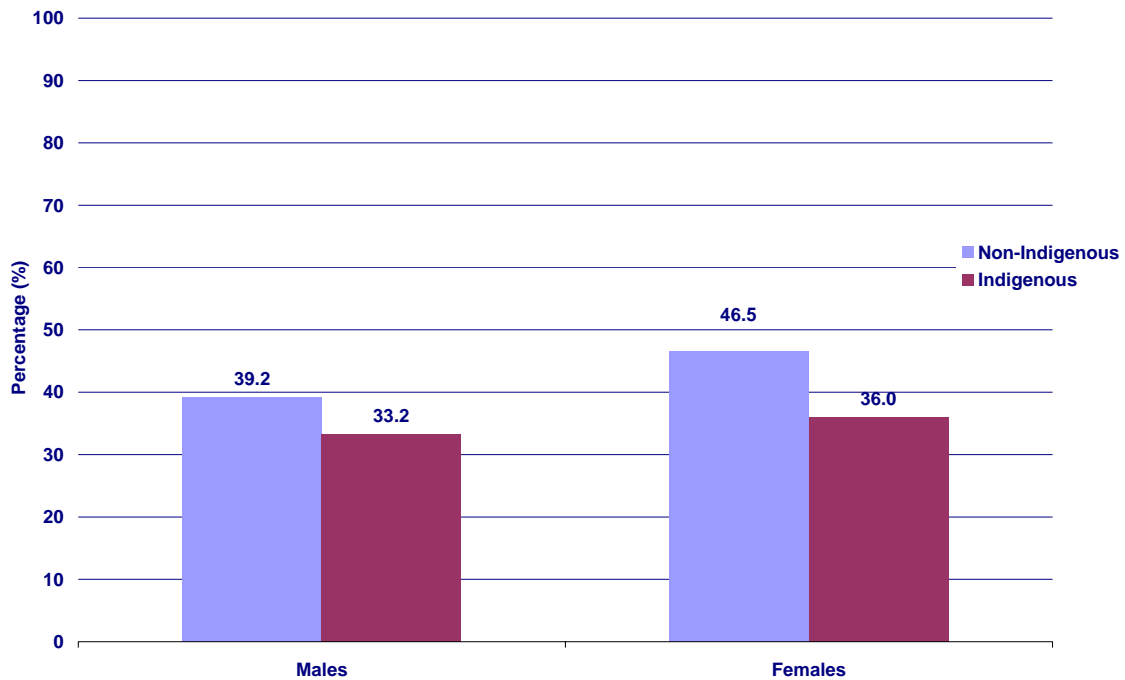
In addition, ERASS collects information via telephone interviews targeted at occupied dwellings. Given that the Indigenous population is less likely to have access to a working home

¹ This estimate has a relative standard error of between 25% and 50% and should be used with caution. See 'Standard errors and relative standard errors' on page 100 for more information.

telephone¹, it is difficult to establish if this survey adequately represents the true participation of the Indigenous population in exercise, recreation and sport. Therefore, rather than considering these statistics as absolute, readers should consider the general patterns they illustrate as approximations of the Indigenous population's participation in exercise, recreation and sport.

A lower proportion of Indigenous persons (34.6%) participated in exercise, recreation and sport in 2006 three times a week or more, compared to non-Indigenous persons (42.9%) (Table 2). This applied to both Indigenous males and Indigenous females (Figure 5).

Figure 5: Overall participation (three times a week or more) by Indigenous status and sex



Base: All persons aged 15 years and over (n=13,710)

Language spoken at home

As ERASS collects information via telephone, persons who do not speak English well may have been less likely to participate in this survey. However, given that a large majority of persons who speak a language other than English at home speak English well², it is reasonable to assume

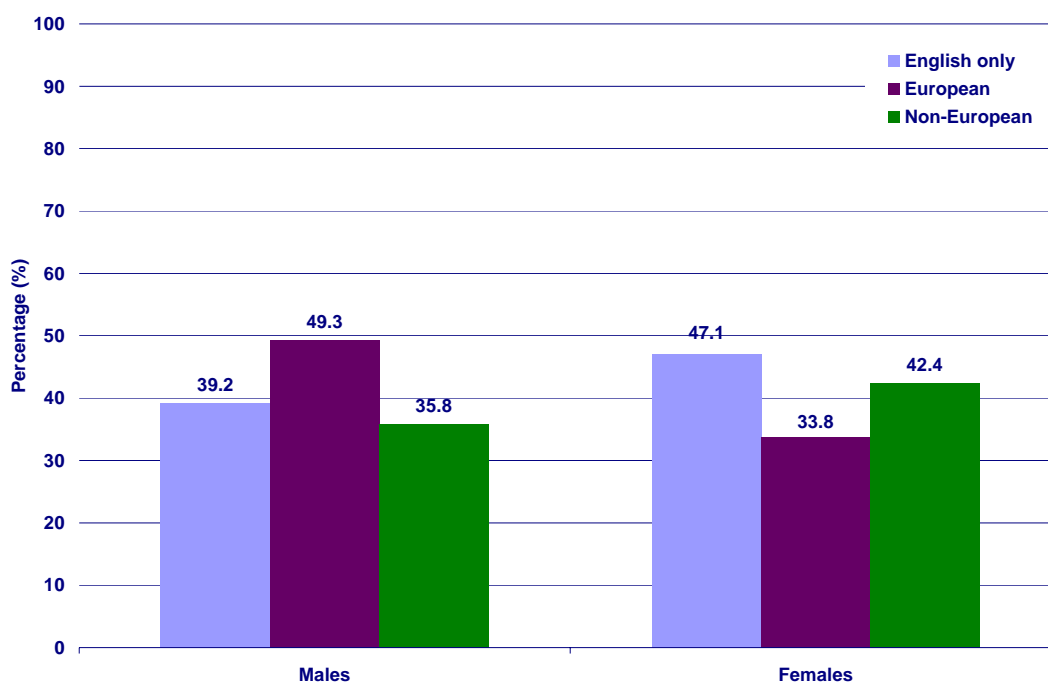
¹ Approximately 97% of the Australian population have access to a working telephone in their home (ACNielsen 2006). This compares to just 71% of the Indigenous population. Indigenous persons living in remote areas were considerably less likely than those living in non-remote areas to have access to a working telephone in their home (43% compared to 82%) (ABS 2002).

² In 2001, 81.6% of the population who spoke a language other than English at home spoke English well or very well. The balance did not speak English well or spoke it not at all (14.9% and 3.5% respectively). This equates to 2.9% of the total population not speaking English well in 2001 (ABS 2006b).

that these statistics represent an accurate estimation of their participation in exercise, recreation and sport.

Participation rates for participating three or more times per week were highest among males speaking a European language other than English (49.3%), followed by females that speak English only (47.1%). Conversely, participation rates were lowest among females speaking a European language other than English (33.8%) and males speaking a non-European language (35.8%) (Figure 7 and Table 2).¹

Figure 6: Overall participation (three times a week or more) by language spoken at home and sex



Base: All persons aged 15 years and over (n=13,710)

Type of activity

The activity with the highest participation rate was walking (36.2%). An estimated 6.0 million persons aged 15 years and over walked at least once for exercise, recreation and sport in the 12 months prior to interview. This excluded bushwalking, which is categorised separately and has a participation rate of 4.7%. Other sports and physical activities that attracted high participation rates were aerobics/fitness activities (19.1%), swimming (13.6%), cycling (10.1%) and running (7.4%) (Table 23).

Walking had the highest participation rate for both males (26.2%) and females (45.9%) (Table 16), and across all age groups with the exception of the 15 to 24 year age group where participation in aerobics/fitness activities was 25.1% compared with 13.7% for walking (Table

¹ Refer to the glossary for definitions of European and non-European languages.

17). However, the proportion of people participating in walking alone was relatively low — only 25.9% of participants reported that their physical activity for exercise, recreation and sport in the last two weeks was limited to walking (Table 12). The remainder participated in either walking and another activity (20.4%) or a non-walking activity exclusively (53.7%).

For males, activities with the highest participation rates were walking (26.2%), aerobics/fitness activities (14.8%), cycling (13.2%), swimming (12.1%) and golf (10.9%) (Table 16).

For females, activities with the highest participation rates were walking (45.9%), aerobics/fitness activities (23.2%), swimming (15.1%) and cycling (7.2%) (Table 16).

In the youngest age group (15 to 24 year olds) the activities that attracted the most participants were aerobics/fitness activities (25.1%), outdoor football (13.7%), walking (13.7%) and swimming (13.6%) (Table 17). Participation in outdoor football tapered quickly with only 3.9% of people aged 25 to 34 years participating, while participating in walking increased with age, peaking at 49.5% of people aged 55 to 64 years.

The activity that people participated in most frequently was walking, where half of all persons walked 156¹ times or more a year, equating to a median of 3.0 times per week. Other activities² participated in frequently were aerobics/fitness activities (median of 104 times a year which equates to 2.0 times per week), running (1.9 times per week) and cycling (1.0 time per week) (Table 19).

Participants took part in an average (mean) of 2.1 different sports or activities in the 12 months prior to interview. This peaked at 2.6 different activities for the 15 to 24 year age group and decreased with age to 1.5 different activities for those aged 65 and over.

Males participated in an average of 3.8 different activities (4.4 if 65 years or over) compared to an average of 2.0 different activities for females (Table 10).

3.2 Organised participation

Overview

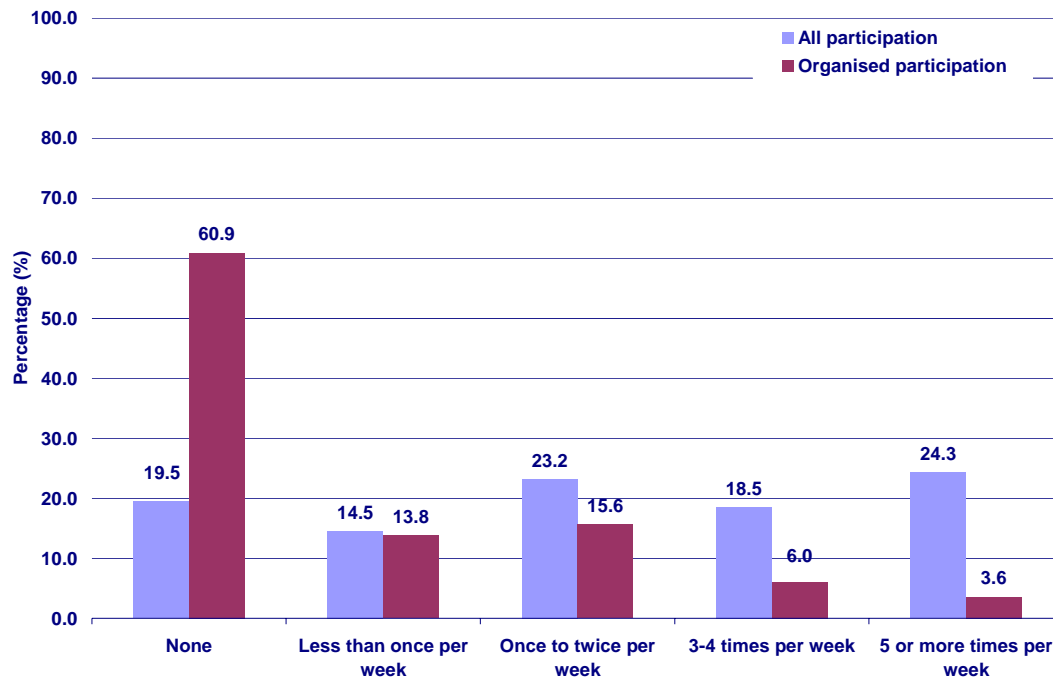
During the 12 months prior to interview in 2006, an estimated 4.2 million persons aged 15 years and over participated at least once per week in a physical activity for exercise, recreation and sport that was organised by a club, association, fitness centre or other type of organisation. This represented a participation rate of 25.3% (Table 8). It also represented 38.3% of the 10.9 million persons who participated at least once per week in a physical activity for exercise, recreation and sport.

¹ Median value

² Activities included in this analysis refer only to those activities that are participated in by 50,000 or more persons in 2006.

Over half of all participating persons (60.9%) did not participate in any organised physical activities during the 12 months prior to interview in 2006 (Table 6 and Figure 7), while 9.7% participated in organised physical activity for exercise, recreation and sport three times a week or more (Table 8).

Figure 7: Weekly frequency of participation — overall and organised

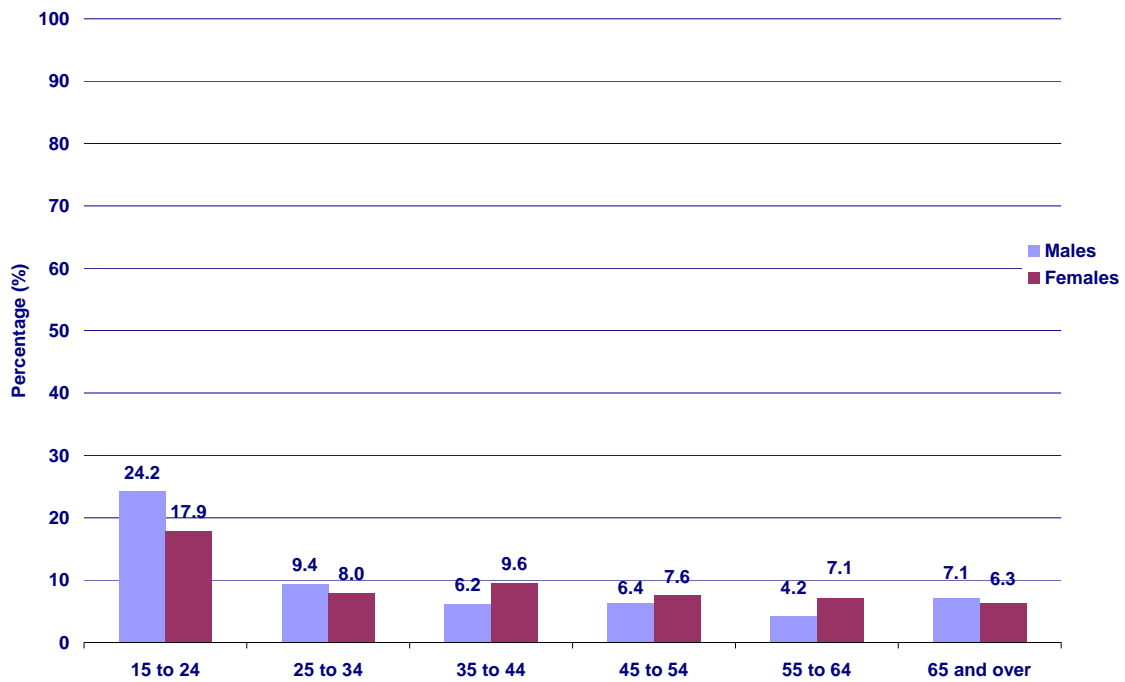


All persons aged 15 years and over (n=13,710)

Age and sex

Overall, males and females were equally likely to participate in organised physical activity for exercise, recreation and sport three times a week or more (9.9% and 9.4% respectively) (Table 8). Participation three times a week or more was more common among those aged 15 to 24 years (21.1%). Participation in organised sport three times per week or more was higher for males compared with females in the 15 to 34 age groups and higher for females in the 35 to 64 age groups (Figure 8 and Table 8).

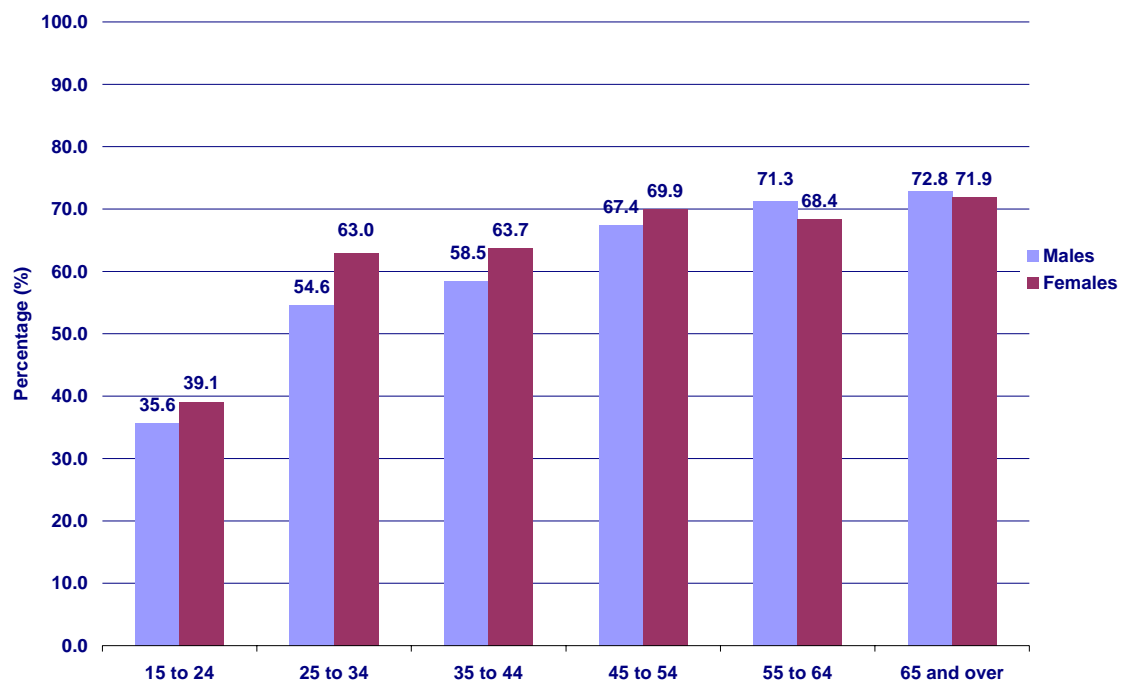
Figure 8: Participation rates (three times a week or more) by age and sex — organised activities



All persons aged 15 years and over (n=13,710)

Non-participation in organised physical activity for exercise, recreation and sport showed a marked pattern with age — non-participation rates were lowest for the 15 to 24 age group (37.3%) and highest for the 65 and over age group (72.3%) (Table 6 and Figure 9). Non-participation was higher for females across all age groups, except the 55-and-over age group.

Figure 9: Non-participation in organised activity by age and sex



All persons aged 15 years and over (n=13,710)

Labour force status

Those who were employed part time or unemployed had the highest participation rate for organised physical activity for exercise, recreation and sport three or more times per week (12.6% and 11.9% respectively), particularly males (16.3% for part-time males versus 11.2% for part-time females, and 15.0% for unemployed males versus 8.0% for unemployed females).

Regional status

Organised participation three or more times per week was higher in the capital cities (10.2% compared with 8.6% elsewhere). Male participation outside the capital cities was higher than for females (9.2% compared with 8.0% for females).

Education

Those who were still at secondary school were the most likely to have participated in organised physical activity for exercise, recreation and sport three or more times per week (32.4%). Participation in organised physical activities three or more times per week was higher among people with university degrees or higher (9.6%) and those whose highest qualification was secondary school (9.7%), compared with people with trade qualifications or apprenticeships (6.9%) or people who did not complete secondary school (6.6%).

Indigenous status

Indigenous persons had a higher participation rate for organised physical activity for exercise, recreation and sport three or more times per week (13.0%) than non-Indigenous persons (9.6%). Male Indigenous persons were more likely than females to participate in organised activities three times per week or more (15.7% versus 10.4% respectively).

Language spoken at home

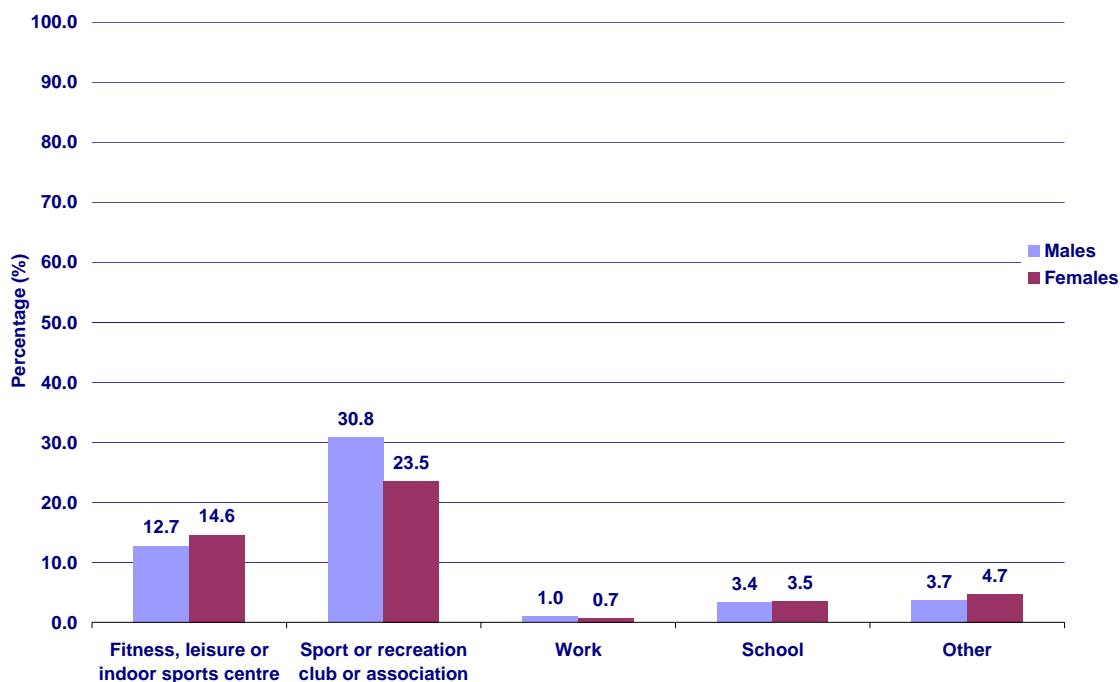
Participation rates for organised activities three times per week or more were highest among males speaking a non-English European language at home (12.2%) and was lowest among females speaking a non-English European language at home (6.8%). Participation in organised activities three times per week or more among those speaking a non-European language at home was slightly lower (9.3%) than for those only speaking English at home (9.7%).

Organisation of the activity

An estimated 4.5 million persons participated at least once in activities that were organised by a 'sport or recreation club or association'. An estimated 2.3 million persons participated in activities that were organised by a 'fitness, leisure or indoor sports centre'. In comparison, relatively few people participated in activities that were organised by school or work (572,400 and 137,600 respectively) (Table 24).

Females participating in organised physical activity were more likely than men to choose activities organised by a fitness, leisure or indoor sports centre (14.6% and 12.7% respectively). Meanwhile, far more males participated in activities organised by a sport or recreation club or association than females (30.8% and 23.5% respectively) (Figure 10 and Table 24). Participation through clubs was highest among the 15 to 24 age group (43.3%).

Figure 10: Participation in organised activity by type of organisation



All persons aged 15 years and over (n=13,710)

Type of activity

The organised activity with the highest participation rate was aerobics/fitness activities (8.0%). 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 that had high numbers of participants involved in an organised environment were golf (3.8%), netball (3.1%), outdoor football (2.7%), tennis (2.7%), outdoor cricket (2.4%) and basketball (2.3%) (Box 2 and Table 23).

Participants in organised physical activities for exercise, recreation and sport engaged in an average (mean) of 1.5 different organised activities in the 12 months prior to interview (Table 21). This was highest among 15 to 24 year olds who engaged in an average of 1.9 different organised activities.

3.3 Organised versus non-organised participation

Activities participated in predominantly through activities organised by a club, association, fitness centre or other organisation included triathlons (96.9%), outdoor hockey (94.7%) and lawn bowls (93.3%) (Table 23)¹. Activities least likely to be organised included walking (2.8%), cycling (8.5%), fishing (10.5%), running (10.8%), surf sports (12.7%), swimming (14.0%) and bushwalking (14.5%).

One quarter of participants (24.8%) spent five hours or more on non-organised physical activities in the two weeks prior to interview, while a further third of participants (31.5%) spent two to five hours per week in non-organised activities. In the case of organised activities, 17.8% participated for five hours or more, while a further 14.8% participated for more than two hours but less than five hours (Table 22).

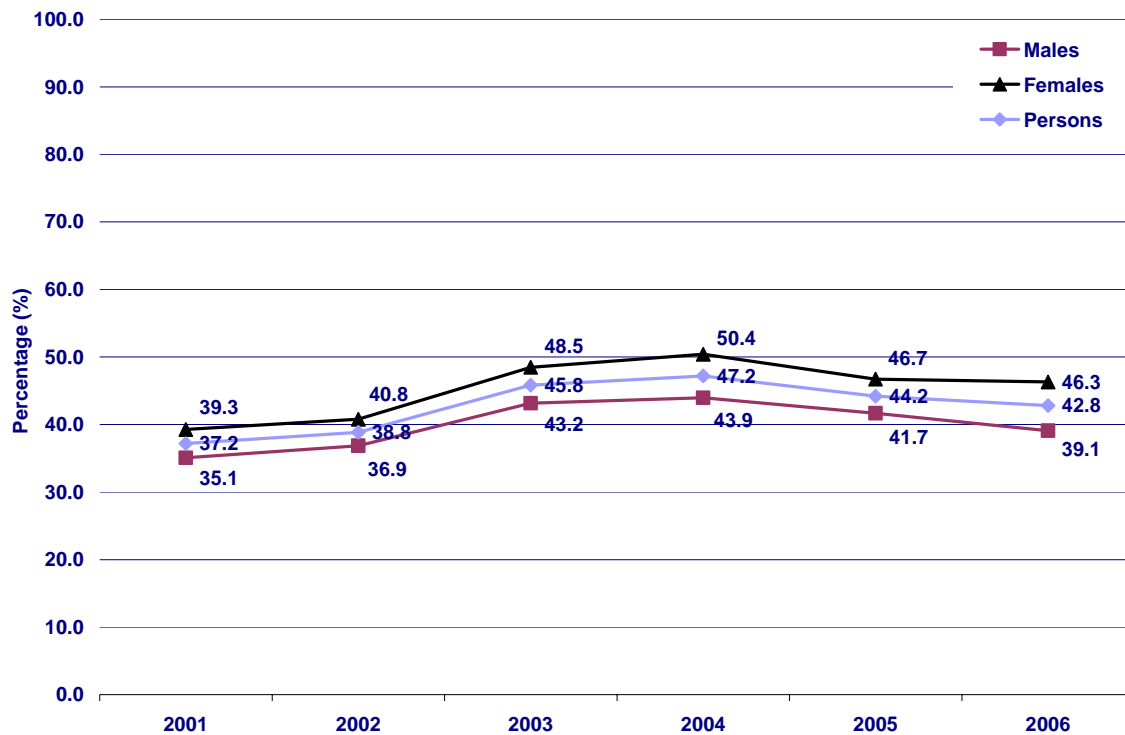
¹ Activities '*commonly participated in*' refer to all those activities that 50,000 or more Australians participated in during 2006.

4 Comparisons over time

4.1 Overall participation

Overall participation in exercise, recreation and sport three times a week or more remained steady at 42.8% compared with 2005 (44.2%), up from 37.2% in 2001 (Figure 11).

Figure 11: Overall participation (three times a week or more) — 2001–06

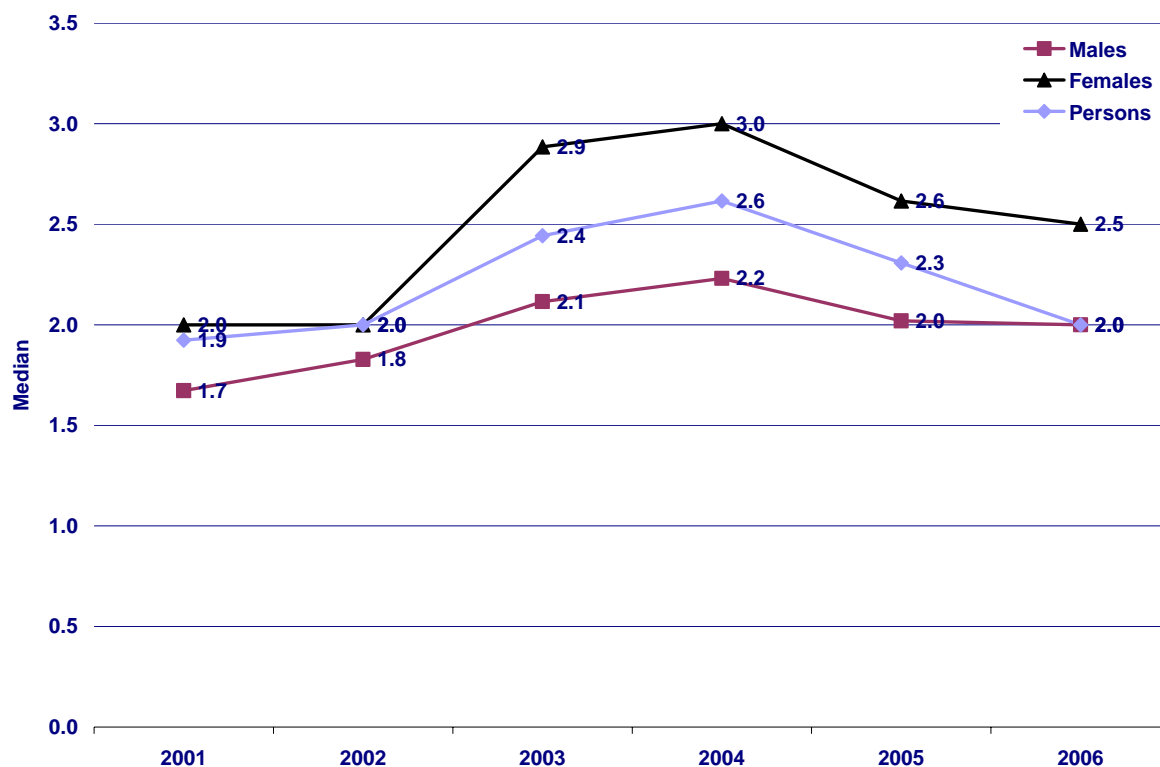


Base: All persons aged 15 years and over in 2006 (n=13,710); 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

Participation remained consistently higher for females than males since 2001. In 2001, 35.1% of males participated, compared to 39.3% of females. Female participation has since increased to 46.3%, while male participation has increased to 39.1%.

The average (median) weekly frequency of participation for females has remained steady at 2.5 (2.6 in 2005), up from 2.0 in 2001. There has been a similar trend among males whose average (median) weekly frequency of participation has stayed at 2.0 (2006 and 2005), after increasing from 1.7 in 2001.

Figure 12: Weekly frequency of overall participation (median) from 2001–06, by sex — all persons



Base: All persons aged 15 years and over in 2006 (n=13,710); 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

The physical activities participated in at least once in the previous 12 months for exercise, recreation and sport that comprise the 'top ten' activities by number of participants have remained unchanged from 2001 to 2006 (see Box 1). Aerobics/fitness has enjoyed the largest increase since 2001 (61.2% increase). Other activities in the 'top ten' to experience significant increases since 2001 include walking (37.9% increase), football (outdoor) (26.5% increase), cycling (17.0% increase) and running (12.9% increase).

Box 1: Top ten activities by number of participants — 2001, 2004, 2005 and 2006

	2001		2004			2005			2006		
	Number of participants		Number of participants		% change	Number of participants		% change	Number of participants		% change
	Rank	('000)	Rank	('000)	2001–04	Rank	('000)	2001–05	Rank	('000)	2001–06
Walking	1	4,353.7	1	6,168.1	41.7%	1	5,973.6	37.2%	1	6001.7	37.9%
Aerobics/ fitness	3	1,961.0	2	2,698.2	37.6%	2	2,959.7	50.9%	2	3161.3	61.2%
Swimming	2	2,415.5	3	2,605.7	7.9%	3	2,311.2	-4.3%	3	2256.9	-6.6%
Cycling	4	1,438.3	4	1,658.4	15.3%	4	1,646.9	14.5%	4	1682.8	17.0%
Running	7	1,084.3	7	1,312.0	21.0%	6	1,231.7	13.6%	5	1224.1	12.9%
Golf	6	1,240.2	6	1,250.6	0.8%	7	1,139.3	-8.1%	6	1132.0	-8.7%
Tennis	5	1,381.8	5	1,323.2	-4.2%	5	1,253.3	-9.3%	7	1130.7	-18.2%
Bushwalking	8	794.9	8	818.0	2.9%	8	910.4	14.5%	8	774.0	-2.6%
Football (outdoor) ¹	10	551.3	9	659.2	19.6%	9	614.3	11.4%	9	697.4	26.5%
Netball	9	612.4	10	564.3	-7.9%	10	581.7	-5.0%	10	593.9	-3.0%

Base: All persons aged 15 years and over (2006 n=13,710; 2005 n=13,726; 2004 n=13,662; 2001 n=13,424)

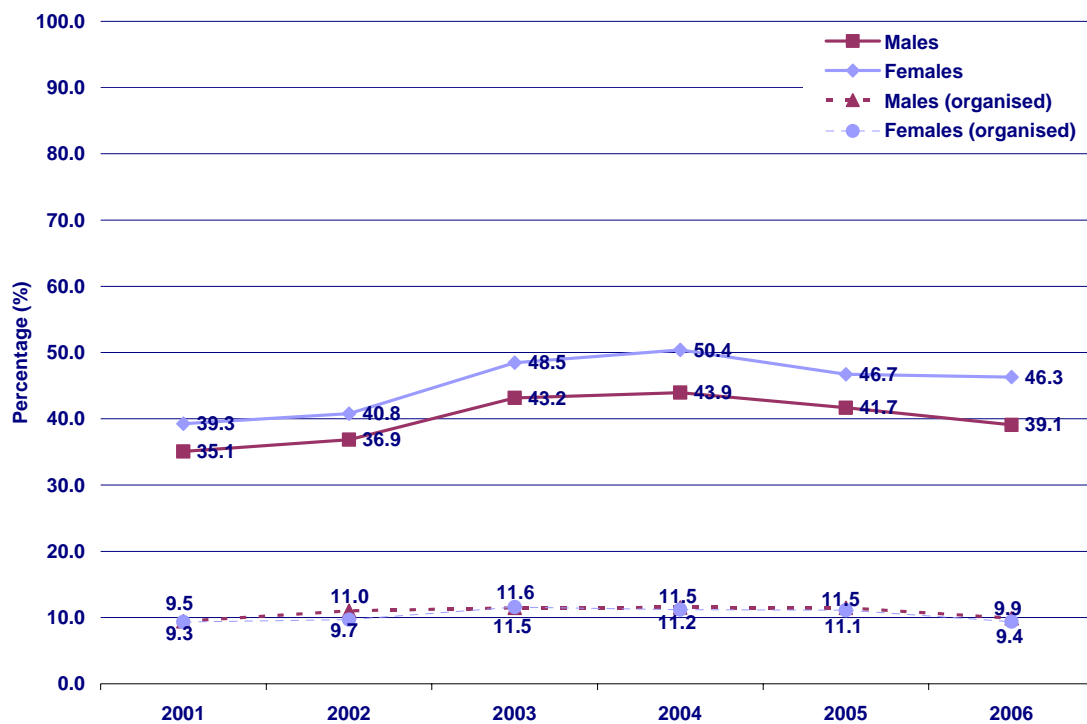
4.2 Organised participation

Participation in organised sport three or more times per week has decreased compared with 2005 for both men and women (9.9%, down from 11.5% and 9.4%, down from 11.1% respectively) (Figure 13).

The average (median) number of weekly sessions of organised activity for males and females has decreased slightly since 2005 (1.3 for males, down from 1.5 and 1.5 for females, down from 1.7) (Figure 14).

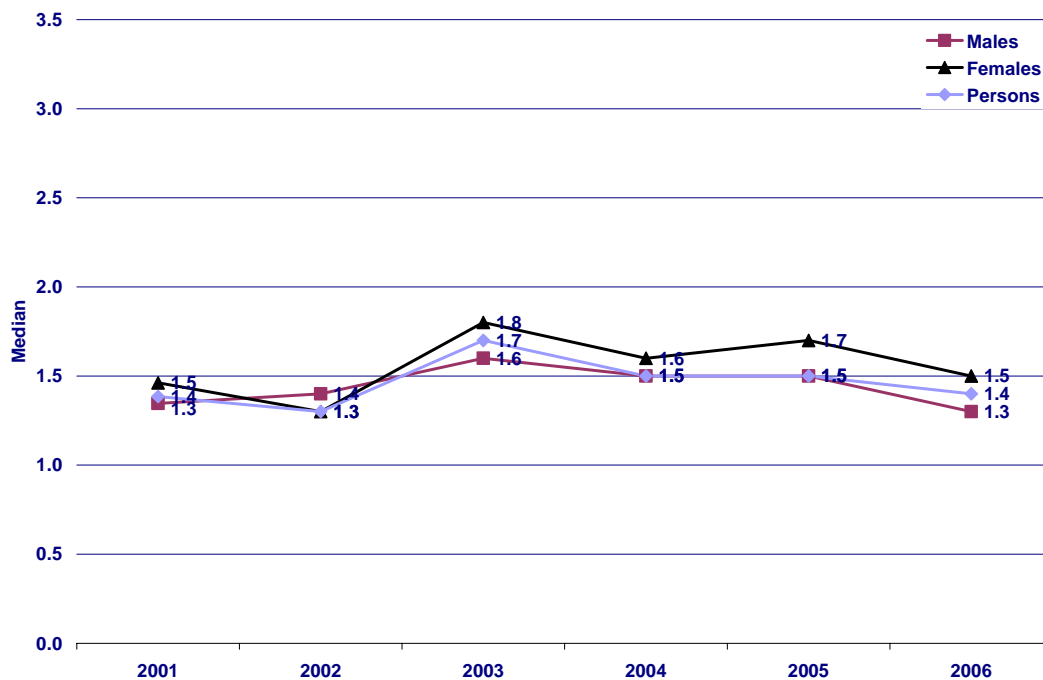
¹ Football was referred to as soccer in ERASS reports from 2001 to 2004.

Figure 13: Overall and organised participation (three times a week or more) from 2001–06, by sex



Base: All persons aged 15 years and over in 2006 (n=13,710); 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

Figure 14: Weekly frequency of organised participation (median) from 2001–06, by sex — participants only



Base: All persons aged 15 years and over in 2006 (n=13,710); 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

The composition of the 'top ten' organised activities participated in at least once in the past 12 months for exercise, recreation and sport has fluctuated slightly since 2001 (see Box 2). Cricket (outdoor) has risen to sixth place with 395,900 participants in 2006, after being ranked eleventh in 2005. Compared with 2001, this represented an increase from 279,300 participants in 2001 (4.2%). Similarly, touch football has risen from 12th place in 2005 with 299,800 participants to tenth in 2006 with 316,800 participants. This was still down (-4.1%) on the number of participants in 2001 (340,800).

Box 2: Top ten organised activities by number of participants — 2001, 2004, 2005 and 2006

	2001		2004			2005			2006		
	Number of participants		Number of participants		% change	Number of participants		% change	Number of participants		% change
	Rank	('000)	Rank	('000)	2001-04	Rank	('000)	2001-05	Rank	('000)	2001-06
Aerobics / fitness	1	966.5	1	1,393.3	44.2%	1	1,502.8	55.5%	1	1319.5	36.5%
Golf	2	655.1	2	678.8	3.6%	2	590.8	-9.8%	2	628.5	-4.1%
Netball	4	533.2	4	509.9	-4.4%	4	510.3	-4.3%	3	516.1	-3.2%
Tennis	3	548.6	3	597.8	9.0%	3	547.5	-0.2%	4	446.1	-18.7%
Football (outdoor)	5	381.9	5	447.5	17.2%	5	431.1	12.9%	5	442.7	15.9%
Cricket (outdoor)	9	279.3	8	346.3	24.0%	11	317.1	13.5%	6	395.9	41.7%
Basketball	6	364.3	11	341.1	-6.4%	7	376.3	3.3%	7	379.5	4.2%
Australian football	11	272.5	10	342.1	25.5%	6	387.0	42.0%	8	347.2	27.4%
Lawn bowls	10	275.9	9	343.4	24.5%	9	340.9	23.6%	9	326.9	18.5%
Touch football	7	340.8	13	304.6	-10.6%	12	299.8	-12.0%	10	316.8	-7.0%

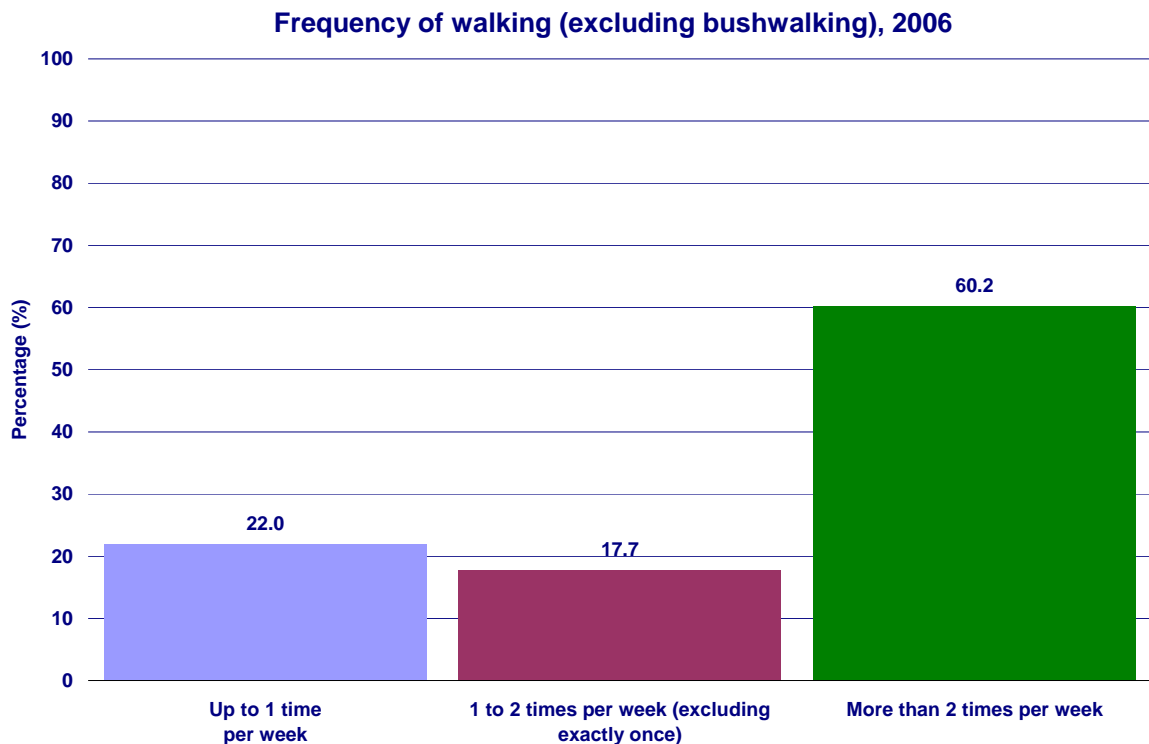
Base: All persons aged 15 years and over (2006 n=13,710; 2005 n=13,726; 2004 n=13,662; 2001 n=13,424)

5 Main sports and physical activities

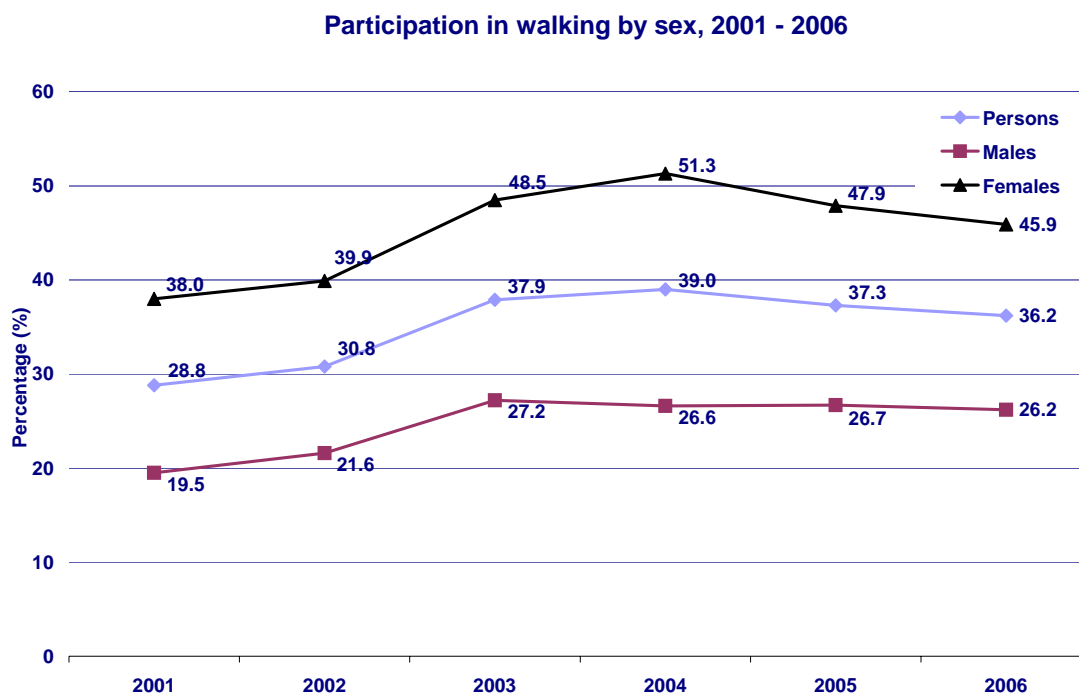
The sports and physical activities with the highest participation (at least once in the past 12 months) in Australia in 2006 are walking, aerobics/ fitness, swimming, cycling, running, golf, tennis, bushwalking, outdoor football and netball.

Walking (excluding bushwalking)

- Walking (excludes bushwalking) was the most common activity with 6,001,700 participants (36.2% of all people aged 15 years and over).
- The male participation rate was 26.2%, and the female rate was 45.9%.
- Participation in walking was highest for those aged 45 years or more, with a participation rate of at least 45% across these age groups, while participation was lowest for 15 to 24 year olds (13.7%).
- 35.6% of people participated in non-organised walking, compared to 1.0% in organised walking.



- Participants walked on average (median) 3.0 times per week, with 60.2% of walkers walking more than twice a week.

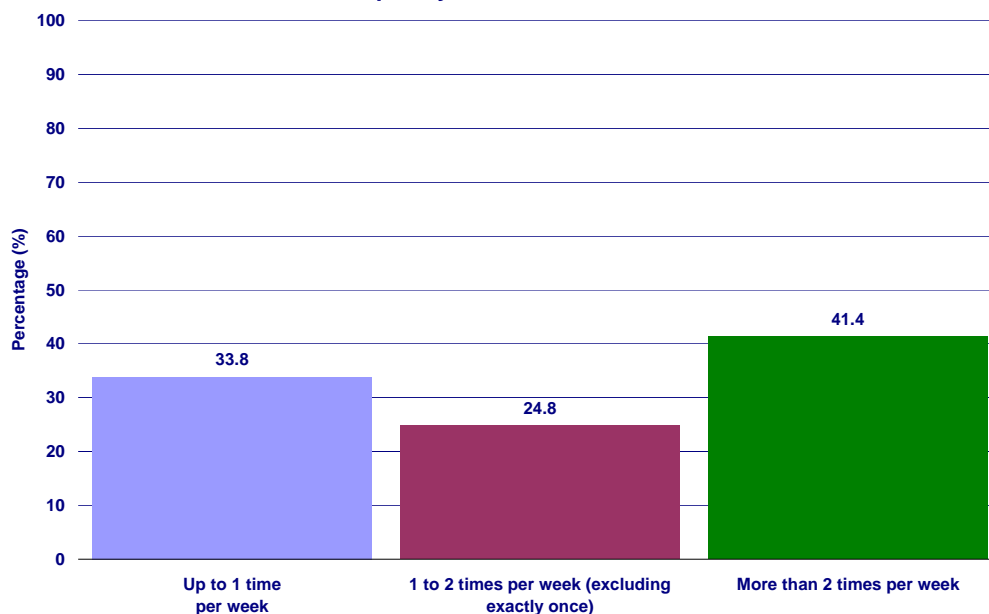


- Participation in walking over the last seven years has increased, peaking at 51.3% among women in 2004.

Aerobic/fitness

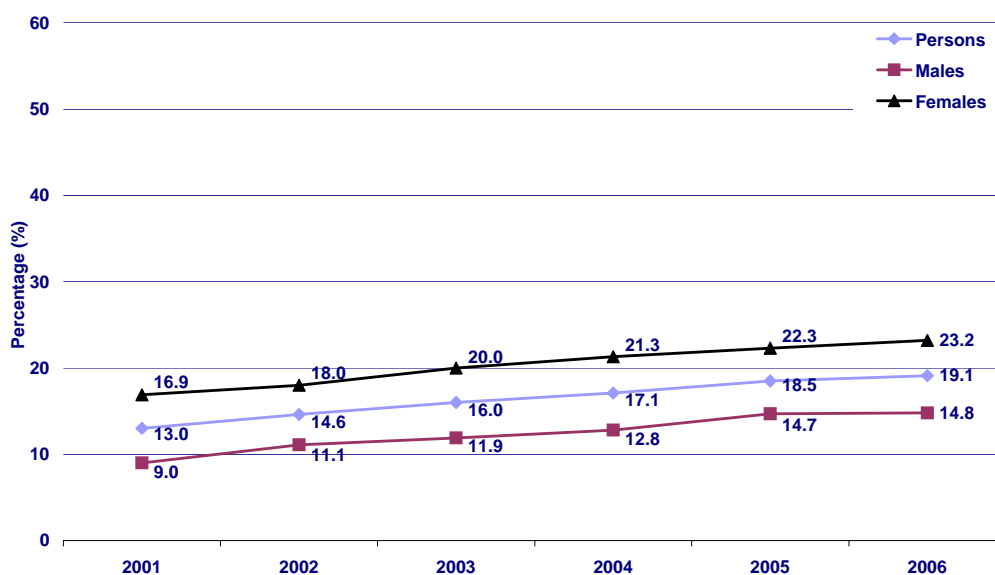
- Aerobics or fitness activities was the second most common activity with 3,161,300 participants (19.1%) aged 15 years and over, and the highest participating organised sport (1,319,500 participants).
- The male participation rate was 14.8%, and the female rate was 23.2%.
- Participation was highest for people aged 15 to 24 (25.1%), reducing with age to 12.4% for people aged 65 years and over.
- 12.1% of people participated in non-organised aerobics/fitness activities, while 8.0% participated in organised aerobics/fitness activities.

Frequency of aerobics/ fitness, 2006



- Participants were involved in aerobics/fitness on average (median) week.

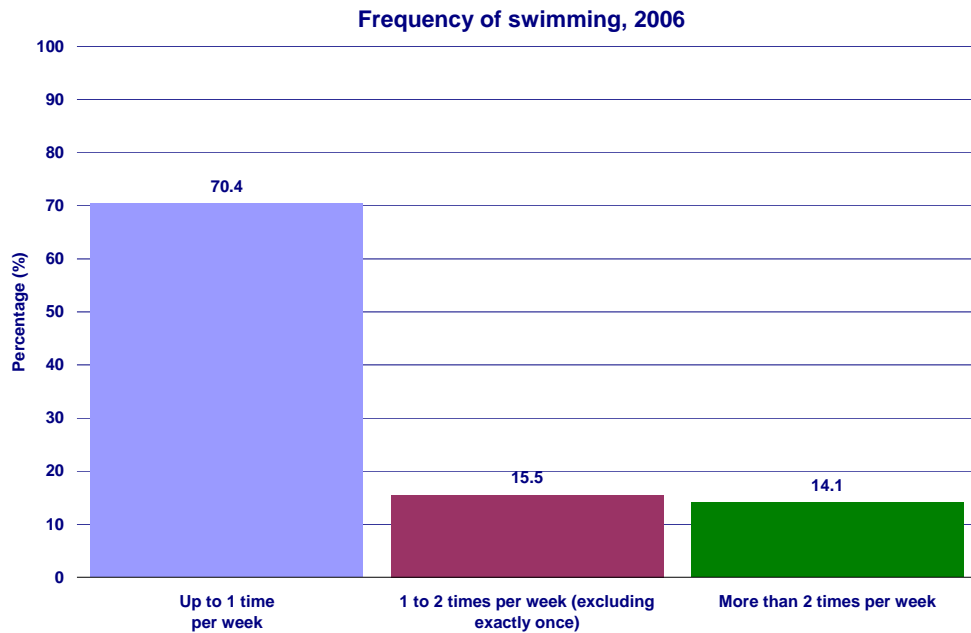
Participation in aerobics/ fitness activities by sex, 2001 - 2006



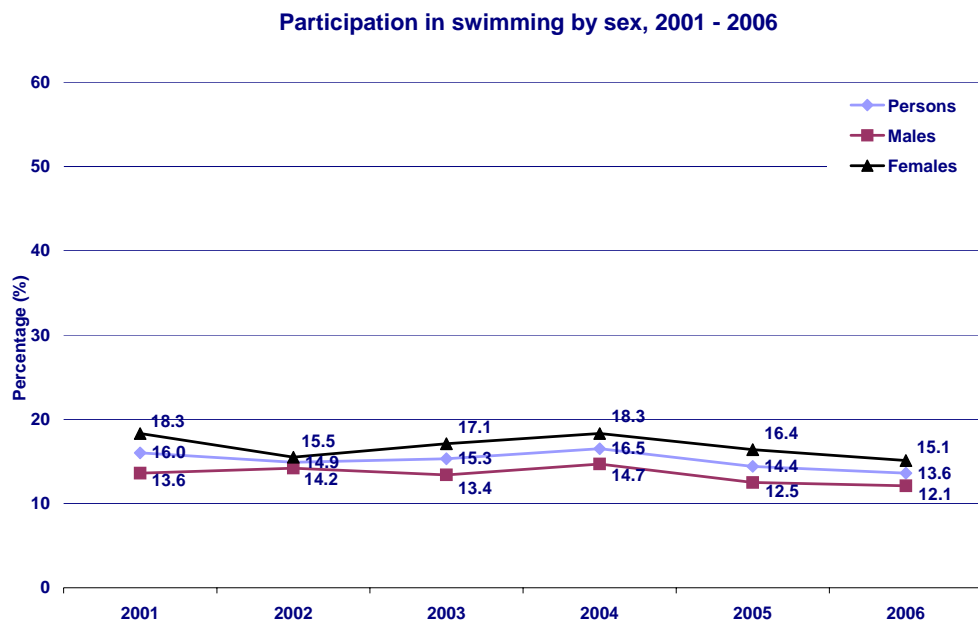
- Participation in aerobics/ fitness continued to increase, particularly among females (23.2% in 2006).

Swimming

- Swimming was the third most common activity, with 2,256,900 participants (13.6%).
- The male participation rate was 12.1%, and the female rate was 15.1%.
- While participation was highest among those aged 24 to 44 (17.0% for 24 to 34 year olds and 17.3% for 35 to 44 year olds), participation fell 11% for those aged 65 years or more (6.1%).
- Participation in swimming was significantly higher for non-organised swimming (12.1%, compared with 1.9% for organised swimming).



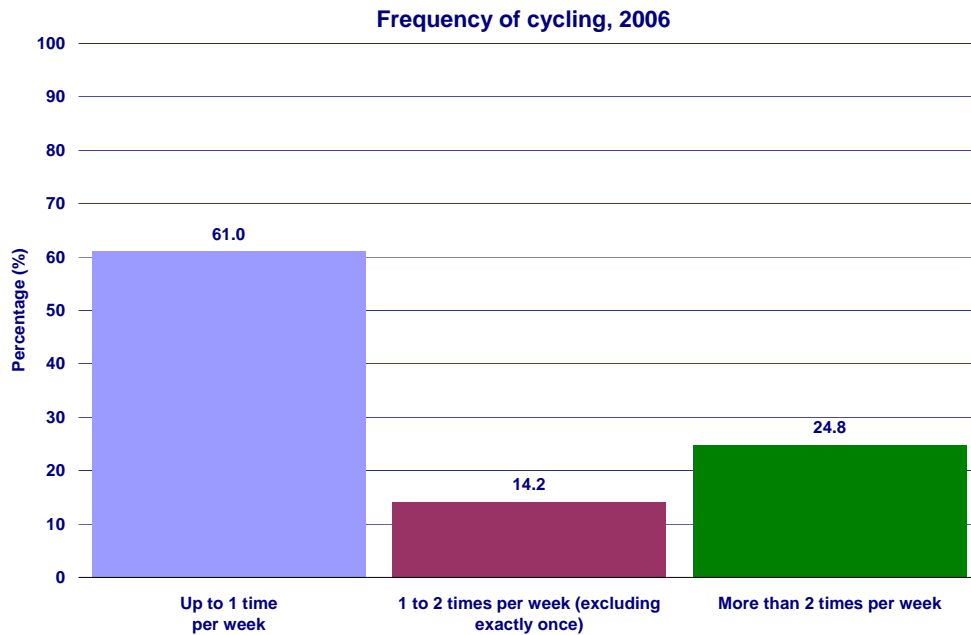
- Participants swam on average (median) 0.6 times per week.



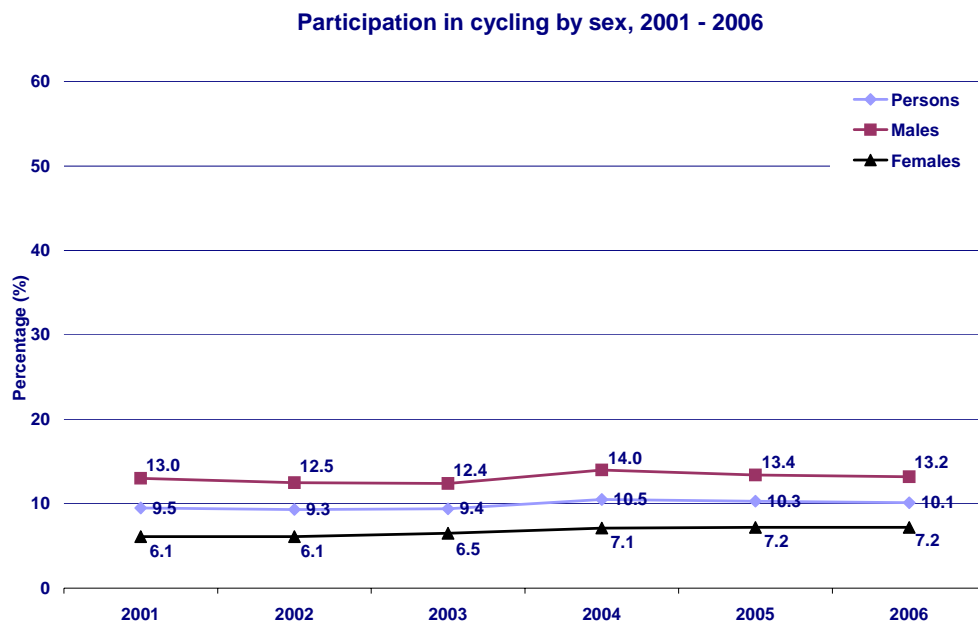
- Participation in swimming over the last five years has remained relatively stable.

Cycling

- Cycling was the fourth most common activity with 1,682,800 participants (10.1%).
- The male participation rate was 13.2%, and the female rate was 7.2%.
- Participation was highest among 35 to 44 year olds (17.0%).
- Participation in cycling was mostly non-organised with 9.7% of people aged 15 years and over participating in non-organised cycling, compared to 0.9% for organised cycling.



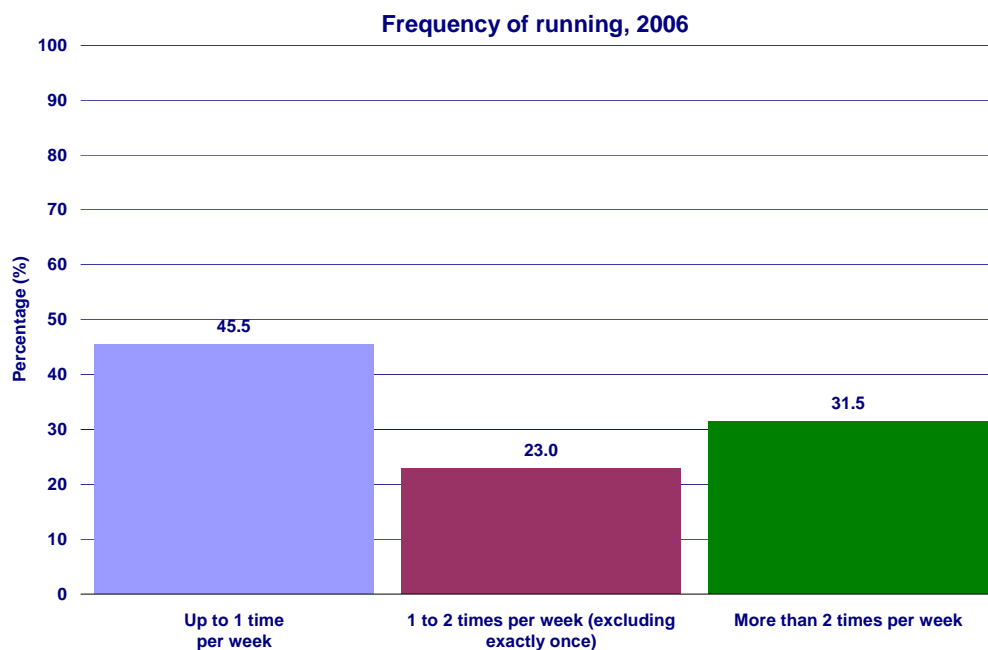
- Participants cycled on average (median) 1.0 times per week.



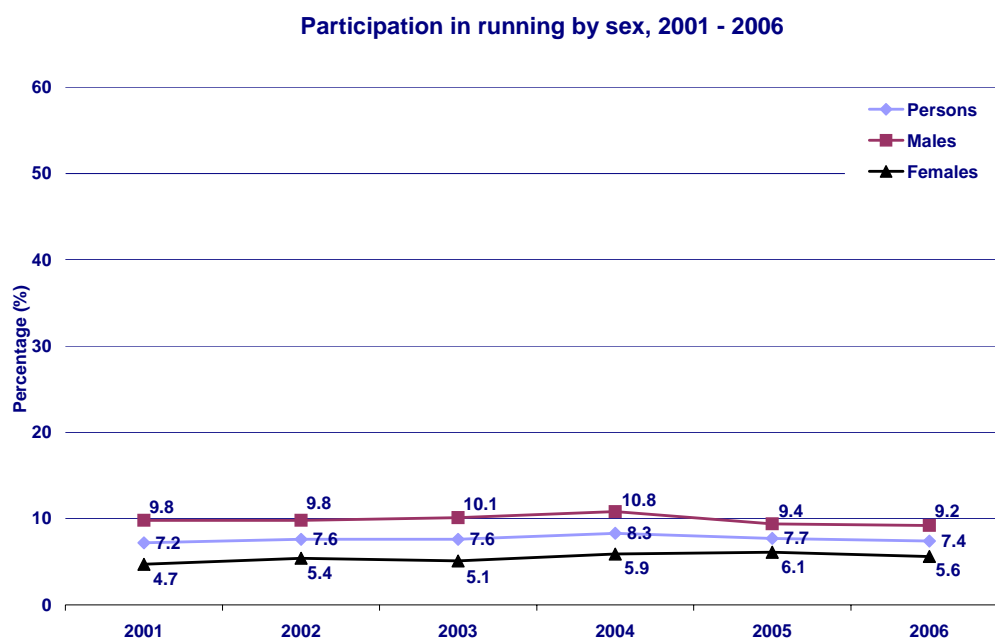
- Participation in cycling has remained stable over the last five years.

Running

- Running was the fifth most common activity with 1,224,100 participants (7.4%).
- The male participation rate was 9.2%, and the female rate was 5.6%.
- Participation in running was highest under the age of 45 (12.3% for 15 to 24 year olds, 11.5% for 25 to 34 year olds and 10.5% for 35 to 44 year olds).
- 6.9% of people aged 15 or over participated in non-organised running, while 0.8% participated in organised running.



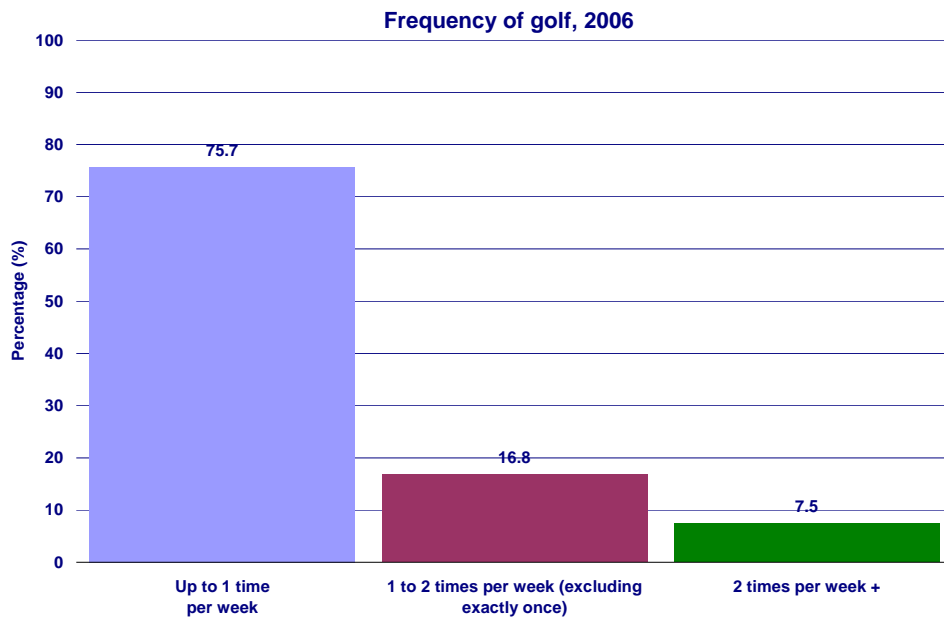
- Participants ran on average (median) 1.9 times a week.



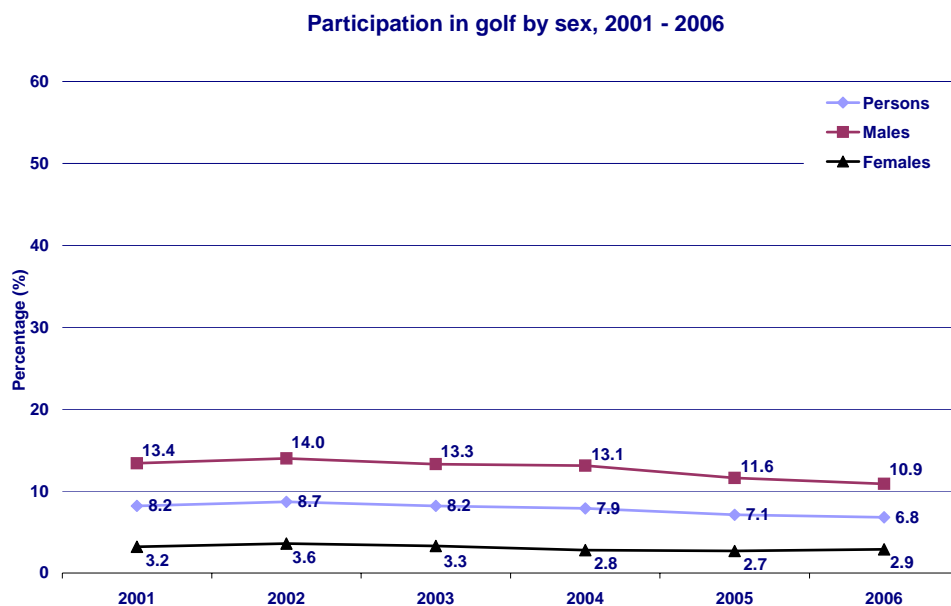
- Participation in running remained relatively stable over the last five years.

Golf

- Golf was the sixth most common activity with 1,132,000 participants (6.8%).
- The male participation rate was 10.9%, and the female rate was 2.9%.
- Participation in golf was highest among those aged 35 to 64 (7.2% for 35 to 44 year olds, 7.7% for 45 to 54 year olds and 10.2% for 55 to 64 year olds).
- Equal proportions of people aged 15 years and over participated in organised golf (3.8%) and non-organised golf (3.9%).



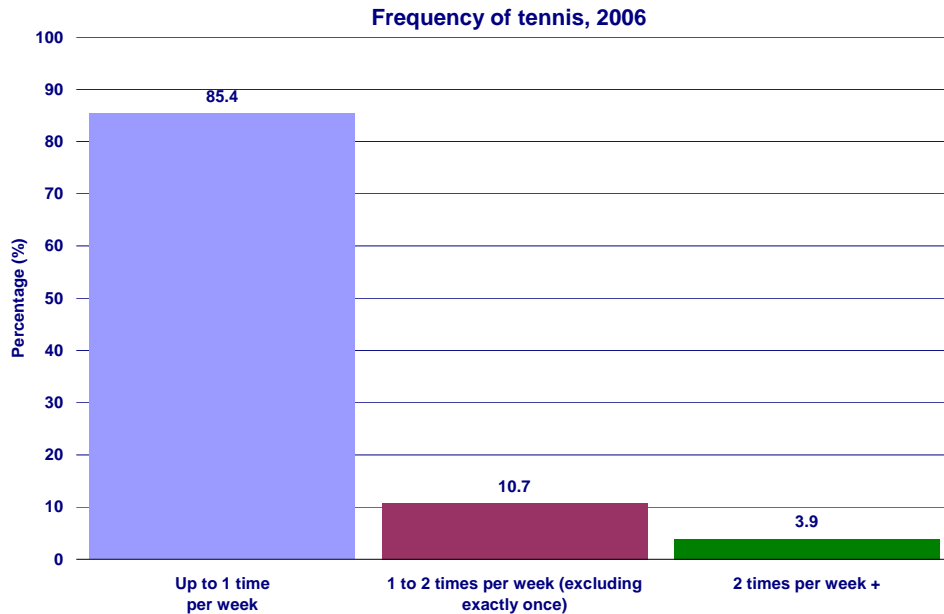
- Participants played golf on average (median) 0.5 times a week. The majority of people who played golf participated in golf up to 1 time per week (75.7%).



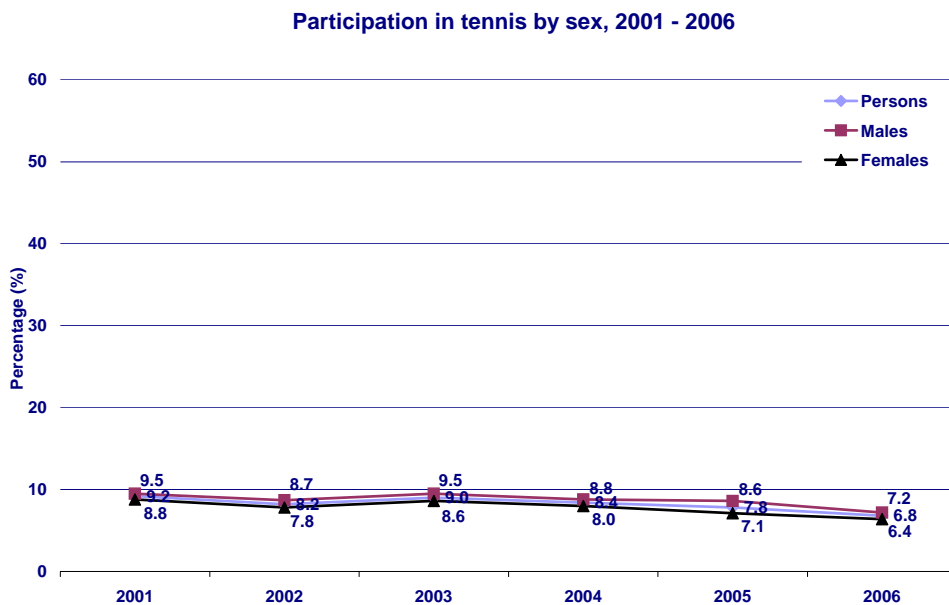
- Participation in golf remained relatively stable over the last five years, although it has experienced a slight decline since 2002.

Tennis

- Tennis was the seventh most common activity with 1,130,700 participants (6.8%).
- The male participation rate was 7.2%, and the female rate was 6.4%.
- Participation in tennis was highest among those aged 15 to 44 (9.4% for 15 to 24 year olds, 8.0% for 25 to 34 year olds and 6.7% for 35 to 44 year olds), declining to 2.6% for people aged 65 and over.
- 4.7% of people participated in non-organised tennis and 2.7% participated in organised tennis.



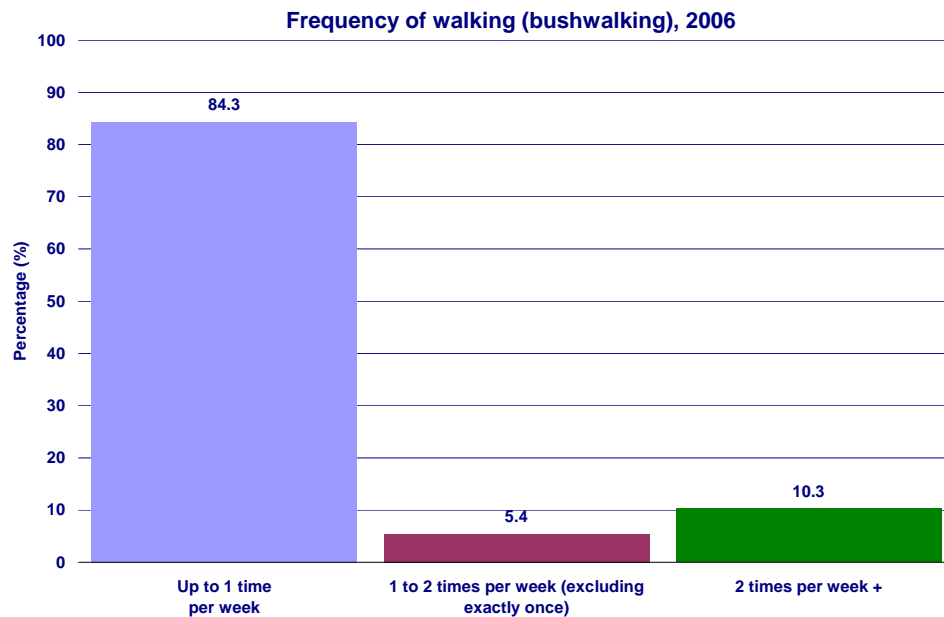
- Participants played tennis on average (median) 0.5 times a week. The majority of people playing tennis participated in tennis up to 1 time per week (85.4%).



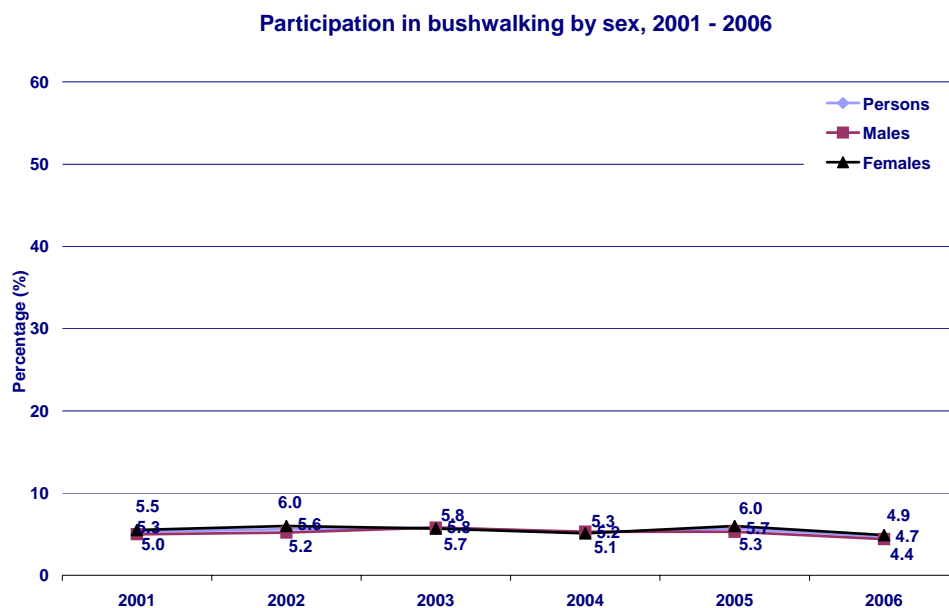
- Participation in tennis remained relatively stable over the last five years, experiencing a slight decline since 2003.

Bushwalking

- Bushwalking was the eighth most common activity with 774,000 participants (4.7%).
- Male and female participation rates were roughly equal, with 4.4% of males, and 4.9% of females taking part in bushwalking.
- Participation was highest among those aged 35 to 64 (5.6% for 35 to 44 year olds, 7.1% for 45 to 54 year olds and 5.9% for 55 to 64 year olds).
- Non-organised bushwalking was more common, with 4.3% participating in non-organised bushwalking, compared to 0.7% in organised bushwalking.



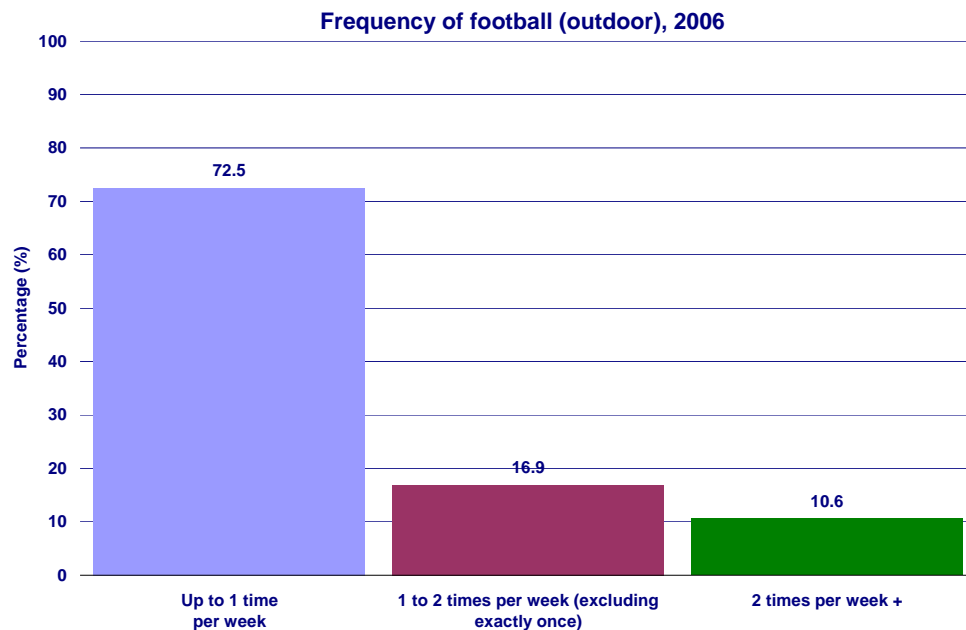
- Participants went bushwalking an average (median) 0.2 times a week. The majority of bushwalkers went bushwalking up to 1 time per week (84.3%).



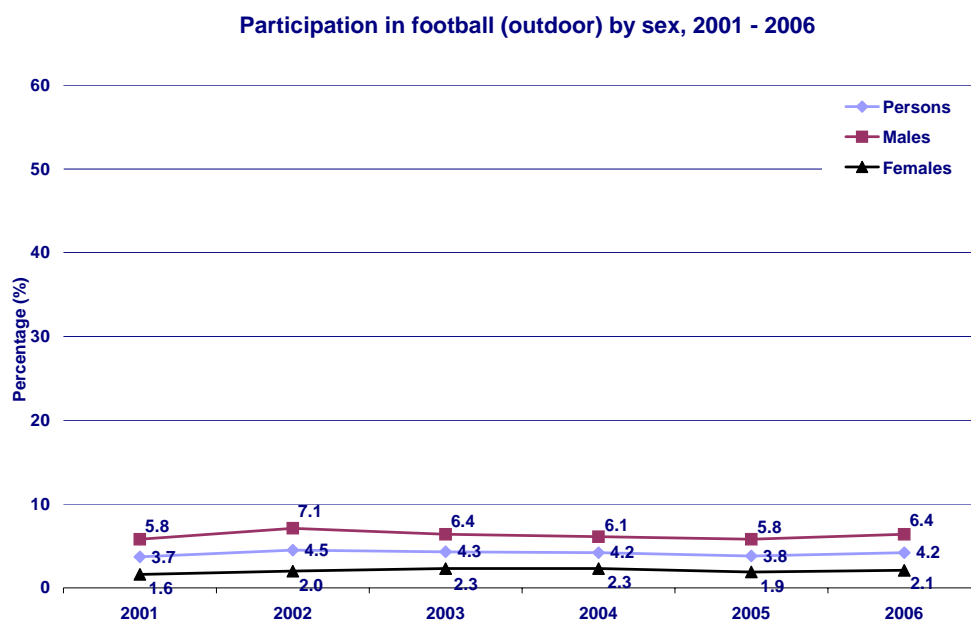
- Participation in bushwalking has remained relatively stable over the last five years.

Outdoor football

- Outdoor football was the ninth most common activity with 697,400 participants (4.2%).
- The male participation rate was 6.4%, and the female rate was 2.1%.
- Participation in outdoor football was highest among those aged 15 to 24 years (13.7%), although this dropped to 3.9% among 25 to 34 year olds.
- Participation in organised outdoor football was 2.7%, compared with 1.9% for non-organised.



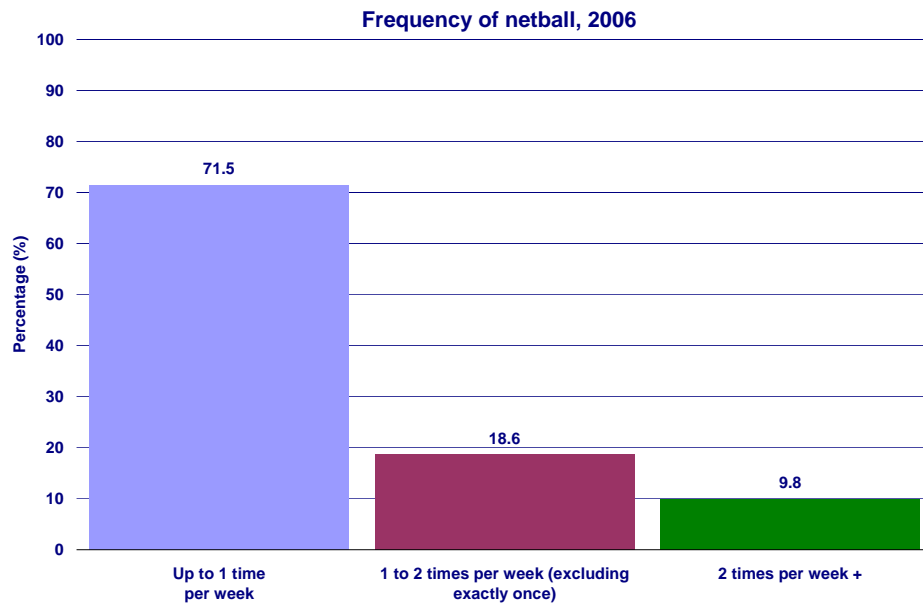
- Participants played outdoor football on average (median) 0.6 times a week. 72.5% of outdoor football participants played up to 1 time per week.



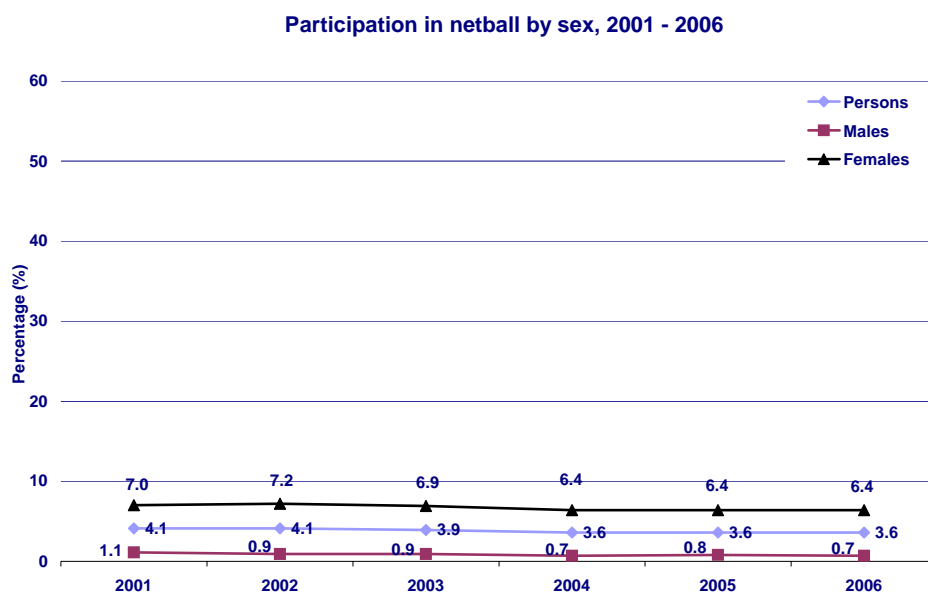
- Participation in outdoor football has remained relatively stable over the last five years.

Netball

- Netball was the tenth most common activity, with 593,900 participants (3.6%).
- Female participation in netball (6.4%) was more predominant, compared to 0.7% of males.
- Participation was highest among those aged 15 to 34 (10.0% for 15 to 24 year olds, and 5.9% of 25 to 34 year olds).
- Organised netball participation was more common (3.1%), compared to 0.7% who participated in non-organised netball.



- Participants played netball an average (median) 1.0 times a week. Although the majority of netballers played netball up to 1 time per week (71.5%), almost a fifth participated up to 2 times per week (18.6%).



- Participation in netball has remained relatively stable over the last five years.

6 Melbourne 2006 Commonwealth Games

In November 2005, February 2006, May 2006 and November 2006 ERASS included questions about the effect of the 2006 Melbourne Commonwealth Games on peoples' participation decisions and feelings about Australia. Given the timing of the Games (15–26 March 2007), analysis has focused on the period leading up to the Games (November 2005, February 2006) and the period after the Commonwealth Games (May 2006 and November 2006).

Questions on changes to participation showed that half of participants spent the same amount of time participating as they had 12 months earlier. This applied both before (50.0%) and after (51.0%) the Games. More than a quarter of participants increased their participation (29% before the Games, 28% afterwards) (Table 54). Of those people who increased their participation the majority (58% before the Games, 60% afterwards) said they did this because of their health or age (Tables 55 and 56).

Questions on change in peoples' choice of activities showed that before and after the Games around one quarter of participants (26.0% and 25.0% respectively) were doing an activity that they were not doing 12 months earlier (Table 57). The main reason provided for taking up a new activity was health or age — 58% of people before and after the Games said these things had led them to take up a new activity (Tables 59 and 60).

ERASS allowed people who spent more time participating to nominate not only the main reason for the increase, but also to indicate if the Commonwealth Games had influenced their decision. Before the Games, 6% of those who had increased the time spent participating said the Commonwealth Games influenced that decision (Table 61). This rose to 8% in the period after the Games (Table 61).

Similarly, around 5% of participants (5.0% pre-Games and 6.0% post-Games) who took up a new activity said that the Commonwealth Games had influenced their decision, although the Games had not been the main reason for taking up that activity (Table 62).

In the post-Games period, one in three participants (32.0%) indicated that the Commonwealth Games in Melbourne made participants feel more positive about Australia, up from 29.0% before the Games (Table 63).

Table 1: Characteristics of participants, 2006 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)
AGE GROUP (YEARS)						
15 to 24	1,354.2	92.4	1,228.0	87.6	2,582.2	90.0
25 to 34	1,227.1	85.4	1,160.0	80.6	2,387.1	83.0
35 to 44	1,226.0	81.4	1,273.6	83.6	2,499.7	82.5
45 to 54	1,098.3	78.3	1,191.5	83.1	2,289.8	80.8
55 to 64	850.5	74.1	913.5	81.3	1,764.1	77.7
65 and over	829.1	68.0	1,004.8	67.4	1,833.9	67.7
REGION						
Capital city	4,294.9	82.1	4,405.6	81.1	8,700.5	81.6
Rest of state	2,290.3	77.7	2,365.8	79.4	4,656.1	78.5
EMPLOYMENT STATUS						
Employed full time	4,025.1	82.6	2,125.5	85.3	6,150.6	83.5
Employed part time	851.5	88.4	2,112.6	86.1	2,964.1	86.7
<i>Total employed</i>	<i>4,876.6</i>	<i>83.6</i>	<i>4,238.1</i>	<i>85.7</i>	<i>9,114.7</i>	<i>84.5</i>
Unemployed	295.3	81.7	227.4	78.9	522.7	80.4
Not in the labour force	1,413.3	71.3	2,306.0	72.6	3,719.3	72.1
MARITAL STATUS						
Married	3,828.2	79.0	3,715.1	81.4	7,543.3	80.2
Not married	2,744.5	82.9	3,005.7	79.5	5,750.2	81.1
Refused/do not know	*12.5	*59.1	50.6	76.2	63.1	72.1
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	1,936.3	81.0	2,205.0	81.3	4,141.4	81.2
At least one under 18 – none at home	159.5	73.3	33.2	79.7	192.7	74.3
No children under 18	4,489.4	80.6	4,533.2	80.1	9,022.6	80.4
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	1,644.6	88.4	1,708.1	89.9	3,352.7	89.2
Undergraduate diploma or associate diploma	530.2	86.7	626.3	86.5	1,156.5	86.6
Certificate, trade qualification or apprenticeship	1,145.5	79.8	890.1	82.3	2,035.6	80.9
Highest level of secondary school	1,459.3	80.5	1,516.0	78.4	2,975.3	79.4
Did not complete highest level of school	1,329.4	68.9	1,641.4	70.8	2,970.9	69.9
Never went to school	*9.1	*52.2	*8.8	*46.1	*17.9	*49.0
Still at secondary school	435.8	96.9	333.0	92.3	768.8	94.8
Other	*12.4	*54.7	*24.4	*63.3	36.8	60.1
Refused	*18.9	*50.6	*23.3	*60.2	42.2	55.5
INDIGENOUS STATUS						
Non-Indigenous	6,498.2	80.6	6,679.6	80.6	13,177.8	80.6
Indigenous	87.0	72.4	91.8	71.7	178.8	72.0
LANGUAGE SPOKEN AT HOME						
English only	5,816.1	81.0	6,156.2	81.6	11,972.3	81.3
European language/s other than English	192.9	80.6	220.9	71.7	413.8	75.6
Non-European language/s	602.6	75.4	424.9	71.2	1,027.4	73.6
Total	6,585.2	80.5	6,771.4	80.5	13,356.6	80.5

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006

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

Table 2: Characteristics of participants — three times per week or more, 2006 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)
AGE GROUP (YEARS)						
15 to 24	685.9	46.8	600.0	42.8	1,285.8	44.8
25 to 34	497.5	34.6	625.5	43.5	1,122.9	39.1
35 to 44	533.1	35.4	744.1	48.8	1,277.1	42.1
45 to 54	535.4	38.2	756.9	52.8	1,292.3	45.6
55 to 64	426.5	37.2	572.5	51.0	999.0	44.0
65 and over	520.8	42.7	594.9	39.9	1,115.7	41.2
REGION						
Capital city	2,146.7	41.1	2,538.5	46.7	4,685.2	44.0
Rest of state	1,052.4	35.7	1,355.3	45.5	2,407.7	40.6
EMPLOYMENT STATUS						
Employed full time	1,782.8	36.6	1,274.4	51.1	3,057.3	41.5
Employed part time	425.5	44.2	1,177.1	48.0	1,602.6	46.9
<i>Total employed</i>	<i>2,208.3</i>	<i>37.9</i>	<i>2,451.5</i>	<i>49.6</i>	<i>4,659.8</i>	<i>43.2</i>
Unemployed	168.1	46.5	112.0	38.8	280.1	43.1
Not in the labour force	822.6	41.5	1,330.3	41.9	2,152.9	41.7
MARITAL STATUS						
Married	1,780.6	37.2	2,115.5	48.1	3,896.1	42.5
Not married	1,519.6	41.9	1,616.9	44.2	3,136.5	43.1
Refused/do not know	*13.7	*33.2	26.6	*39.8	40.3	38.2
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	822.9	34.4	1,228.7	45.3	2,051.6	40.2
At least one under 18 – none at home	62.8	28.9	*20.9	*50.1	83.7	32.3
No children under 18	2,313.4	41.5	2,644.2	46.7	4,957.6	44.2
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	866.6	46.6	1,047.0	55.1	1,913.6	50.9
Undergraduate diploma or associate diploma	269.8	44.1	378.6	52.3	648.4	48.6
Certificate, trade qualification or apprenticeship	533.8	37.2	501.5	46.4	1,035.3	41.1
Highest level of secondary school	651.3	35.9	837.3	43.3	1,488.6	39.7
Did not complete highest level of school	599.6	31.1	941.4	40.6	1,541.0	36.3
Never went to school	*6.8	*38.9	**4.6	**24.2	*11.4	*31.2
Still at secondary school	254.2	56.5	154.9	42.9	409.1	50.5
Other	**5.5	**24.5	*16.9	*43.8	*22.4	*36.6
Refused	*11.5	*30.8	*11.5	*29.9	*23.1	*30.3
INDIGENOUS STATUS						
Non-Indigenous	3,159.2	39.2	3,847.7	46.5	7,006.9	42.9
Indigenous	39.9	33.2	46.1	36.0	86.0	34.6
LANGUAGE SPOKEN AT HOME						
English only	2,811.7	39.2	3,556.6	47.1	6,368.3	43.3
European language/s other than English	118.0	49.3	104.2	33.8	222.2	40.6
Non-European language/s	285.7	35.8	253.4	42.4	539.1	38.6
Total	3,199.1	39.1	3,893.8	46.3	7,092.9	42.8

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006

* 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 3: All participants — participation by states and territories, age and sex, 2006 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	24.2	445.7	14.7	264.1	99.2	28.6	330.0	147.6	1,354.2
	25 to 34	22.1	410.3	12.9	228.2	80.1	23.7	318.5	131.1	1,227.1
	35 to 44	20.6	404.5	14.5	236.9	95.4	29.1	303.7	121.3	1,226.0
	45 to 54	20.2	390.6	10.3	214.6	80.4	27.5	242.8	112.0	1,098.3
	55 to 64	15.7	277.2	7.6	174.1	69.9	23.7	199.4	82.9	850.5
	65 and over	11.7	274.4	2.9	148.4	76.5	20.9	219.1	75.1	829.1
	TOTAL		114.5	2,202.7	62.9	1,266.2	501.4	153.6	1,613.7	670.1
Females	15 to 24	23.6	394.2	10.9	251.7	85.2	29.3	304.9	128.3	1,228.0
	25 to 34	23.1	346.4	14.7	242.0	79.3	23.2	314.2	116.9	1,160.0
	35 to 44	22.0	422.5	13.1	230.5	90.8	29.0	327.8	137.8	1,273.6
	45 to 54	21.1	398.9	10.2	217.5	92.7	27.5	292.3	131.4	1,191.5
	55 to 64	15.8	306.6	5.4	166.3	70.5	25.2	236.3	87.5	913.5
	65 and over	12.8	331.7	3.2	173.6	90.3	29.0	269.9	94.3	1,004.8
	TOTAL		118.4	2,200.3	57.4	1,281.6	508.8	163.2	1,745.4	696.2
Persons	15 to 24	47.8	839.9	25.6	515.7	184.4	57.9	634.9	275.9	2,582.2
	25 to 34	45.3	756.7	27.6	470.2	159.5	46.9	632.8	248.1	2,387.1
	35 to 44	42.6	827.0	27.6	467.4	186.2	58.2	631.5	259.2	2,499.7
	45 to 54	41.3	789.5	20.4	432.0	173.0	55.0	535.1	243.3	2,289.8
	55 to 64	31.5	583.8	13.0	340.4	140.3	48.9	435.7	170.4	1,764.1
	65 and over	24.5	606.1	6.1	322.0	166.8	49.9	489.0	169.5	1,833.9
	TOTAL		232.9	4,403.1	120.3	2,547.9	1,010.2	316.8	3,359.0	1,366.4
		Participation rate (%)								
Males	15 to 24	89.2	93.1	91.8	90.7	92.0	86.2	91.5	97.7	92.4
	25 to 34	86.1	84.1	74.4	82.3	80.7	88.1	88.0	93.3	85.4
	35 to 44	86.0	80.3	82.3	81.8	84.7	89.8	81.0	79.9	81.4
	45 to 54	91.1	84.0	72.4	79.1	74.0	78.5	71.2	77.3	78.3
	55 to 64	88.8	72.8	77.7	75.4	77.0	79.2	72.8	73.0	74.1
	65 and over	80.8	65.3	55.9	65.3	73.5	65.3	71.8	68.1	68.0
	TOTAL	87.4	80.5	78.5	79.8	80.5	81.0	80.0	82.5	80.5
Females	15 to 24	90.0	86.2	77.5	90.7	83.8	93.2	87.1	88.7	87.6
	25 to 34	91.0	70.9	88.1	86.3	83.7	81.9	85.8	84.8	80.6
	35 to 44	88.5	84.2	84.6	77.1	81.3	83.8	85.4	90.6	83.6
	45 to 54	86.8	84.7	77.1	78.1	83.1	76.6	83.1	89.0	83.1
	55 to 64	88.0	82.5	71.3	74.7	76.8	85.0	86.1	81.3	81.3
	65 and over	71.5	64.0	70.2	66.0	68.1	74.3	70.6	71.4	67.4
	TOTAL	86.7	78.3	80.3	79.1	79.0	82.0	82.8	84.7	80.5
Persons	15 to 24	89.6	89.7	85.1	90.7	88.0	89.6	89.4	93.3	90.0
	25 to 34	88.6	77.5	81.1	84.3	82.1	84.9	86.9	89.1	83.0
	35 to 44	87.3	82.2	83.4	79.4	83.0	86.7	83.2	85.2	82.5
	45 to 54	88.9	84.4	74.7	78.6	78.6	77.6	77.2	83.2	80.8
	55 to 64	88.4	77.6	74.9	75.0	76.9	82.1	79.4	77.1	77.7
	65 and over	75.7	64.6	62.5	65.7	70.5	70.3	71.1	69.9	67.7
	TOTAL	87.0	79.4	79.3	79.4	79.7	81.5	81.4	83.6	80.5

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006

Table 4: All participants — participation three times per week or more, by states and territories, age and sex, 2006 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	12.0	219.2	6.6	134.7	31.6	13.9	175.4	92.6	685.9
	25 to 34	10.9	162.3	6.4	83.0	26.5	11.2	142.2	54.9	497.5
	35 to 44	11.6	174.4	7.5	108.1	39.6	10.0	127.7	54.1	533.1
	45 to 54	10.0	221.8	5.2	95.0	33.2	12.2	104.4	53.6	535.4
	55 to 64	8.8	122.0	4.9	91.1	34.0	10.0	115.1	40.7	426.5
	65 and over	7.1	186.4	2.0	92.2	42.1	12.4	128.2	50.3	520.8
	TOTAL		60.4	1,086.0	32.7	604.1	207.1	69.6	793.0	346.2
Females	15 to 24	10.8	191.8	6.3	136.0	42.2	18.2	130.5	64.0	600.0
	25 to 34	14.0	157.0	9.8	129.8	43.3	12.9	180.7	78.0	625.5
	35 to 44	11.9	254.1	7.8	136.6	47.8	17.3	188.2	80.5	744.1
	45 to 54	12.5	247.5	6.4	139.5	51.4	14.7	199.3	85.6	756.9
	55 to 64	10.3	175.2	3.5	113.4	44.3	14.8	154.7	56.3	572.5
	65 and over	7.4	186.4	2.0	102.5	53.0	17.9	165.0	60.6	594.9
	TOTAL		67.0	1,212.0	35.9	757.8	282.0	95.8	1,018.4	425.0
Persons	15 to 24	22.8	411.0	12.9	270.7	73.8	32.1	305.8	156.6	1,285.8
	25 to 34	25.0	319.2	16.2	212.7	69.8	24.2	322.9	133.0	1,122.9
	35 to 44	23.5	428.5	15.4	244.7	87.4	27.3	315.9	134.5	1,277.1
	45 to 54	22.5	469.3	11.6	234.5	84.6	26.9	303.7	139.2	1,292.3
	55 to 64	19.1	297.1	8.4	204.5	78.3	24.8	269.8	97.0	999.0
	65 and over	14.5	372.8	4.0	194.7	95.2	30.3	293.3	110.9	1,115.7
	TOTAL		127.4	2,298.0	68.5	1,361.9	489.1	165.5	1,811.4	771.2
Participation rate (%)										
Males	15 to 24	44.1	45.8	41.2	46.3	29.3	41.7	48.6	61.3	46.8
	25 to 34	42.6	33.3	36.7	29.9	26.7	41.7	39.3	39.1	34.6
	35 to 44	48.5	34.6	42.7	37.3	35.2	30.7	34.1	35.6	35.4
	45 to 54	45.2	47.7	36.5	35.0	30.6	34.9	30.6	37.0	38.2
	55 to 64	49.6	32.0	50.6	39.4	37.5	33.4	42.0	35.8	37.2
	65 and over	49.0	44.3	39.4	40.6	40.5	38.7	42.0	45.6	42.7
	TOTAL		46.1	39.7	40.8	38.1	33.2	36.7	39.3	42.6
Females	15 to 24	41.3	41.9	45.1	49.1	41.5	58.0	37.3	44.3	42.8
	25 to 34	55.1	32.1	58.6	46.3	45.7	45.7	49.3	56.6	43.5
	35 to 44	47.9	50.7	50.5	45.7	42.8	49.9	49.0	52.9	48.8
	45 to 54	51.4	52.6	48.8	50.1	46.1	40.9	56.6	58.0	52.8
	55 to 64	57.7	47.1	46.2	50.9	48.3	50.0	56.4	52.3	51.0
	65 and over	41.6	36.0	43.9	39.0	40.0	45.8	43.2	45.8	39.9
	TOTAL		49.1	43.1	50.2	46.8	43.8	48.2	48.3	51.7
Persons	15 to 24	42.7	43.9	43.0	47.6	35.2	49.6	43.1	53.0	44.8
	25 to 34	48.8	32.7	47.5	38.2	36.0	43.7	44.3	47.7	39.1
	35 to 44	48.2	42.6	46.4	41.6	39.0	40.6	41.6	44.2	42.1
	45 to 54	48.4	50.2	42.5	42.7	38.4	37.9	43.8	47.6	45.6
	55 to 64	53.7	39.5	48.7	45.1	42.9	41.6	49.2	43.9	44.0
	65 and over	44.9	39.7	41.5	39.7	40.2	42.6	42.7	45.8	41.2
	TOTAL		47.6	41.4	45.2	42.4	38.6	42.6	43.9	47.2

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006

Table 5: All persons — frequency of participation in physical activity for exercise, recreation and sport, 2006 (a)

Sex	Age group (years)	None	Zero — once per week (b)	Once or twice per week (c)	Three or four times per week (d)	Five or more times per week	Total
		Number ('000)					
Males	15 to 24	111.8	226.0	442.3	288.6	397.3	1,465.9
	25 to 34	209.8	307.6	422.1	270.6	226.8	1,436.9
	35 to 44	281.0	333.8	359.2	292.7	240.4	1,507.0
	45 to 54	303.6	269.2	293.7	243.5	291.9	1,402.0
	55 to 64	296.6	187.6	236.4	169.2	257.3	1,147.1
	65 and over	389.8	105.2	203.0	169.0	351.8	1,218.9
	TOTAL	1,592.6	1,429.3	1,956.8	1,433.6	1,765.5	8,177.8
Females	15 to 24	174.6	224.8	403.2	266.0	334.0	1,402.6
	25 to 34	278.7	192.2	342.3	261.6	363.8	1,438.6
	35 to 44	249.7	198.1	331.4	343.1	400.9	1,523.3
	45 to 54	242.2	144.9	289.6	325.1	431.8	1,433.7
	55 to 64	209.8	93.9	247.1	206.1	366.4	1,123.4
	65 and over	485.1	128.9	281.0	233.7	361.2	1,490.0
	TOTAL	1,640.1	982.9	1,894.7	1,635.7	2,258.2	8,411.5
Persons	15 to 24	286.4	450.8	845.5	554.6	731.2	2,868.5
	25 to 34	488.5	499.7	764.4	532.3	590.7	2,875.6
	35 to 44	530.7	531.9	690.6	635.8	641.3	3,030.3
	45 to 54	545.8	414.1	583.4	568.6	723.7	2,835.6
	55 to 64	506.4	281.5	483.5	375.3	623.7	2,270.5
	65 and over	874.9	234.1	484.1	402.7	713.0	2,708.8
	TOTAL	3,232.7	2,412.2	3,851.5	3,069.2	4,023.7	16,589.4

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

Males	15 to 24	7.6	15.4	30.2	19.7	27.1	100.0
	25 to 34	14.6	21.4	29.4	18.8	15.8	100.0
	35 to 44	18.6	22.1	23.8	19.4	16.0	100.0
	45 to 54	21.7	19.2	21.0	17.4	20.8	100.0
	55 to 64	25.9	16.4	20.6	14.7	22.4	100.0
	65 and over	32.0	8.6	16.7	13.9	28.9	100.0
	TOTAL	19.5	17.5	23.9	17.5	21.6	100.0
Females	15 to 24	12.4	16.0	28.7	19.0	23.8	100.0
	25 to 34	19.4	13.4	23.8	18.2	25.3	100.0
	35 to 44	16.4	13.0	21.8	22.5	26.3	100.0
	45 to 54	16.9	10.1	20.2	22.7	30.1	100.0
	55 to 64	18.7	8.4	22.0	18.3	32.6	100.0
	65 and over	32.6	8.7	18.9	15.7	24.2	100.0
	TOTAL	19.5	11.7	22.5	19.4	26.8	100.0
Persons	15 to 24	10.0	15.7	29.5	19.3	25.5	100.0
	25 to 34	17.0	17.4	26.6	18.5	20.5	100.0
	35 to 44	17.5	17.6	22.8	21.0	21.2	100.0
	45 to 54	19.2	14.6	20.6	20.1	25.5	100.0
	55 to 64	22.3	12.4	21.3	16.5	27.5	100.0
	65 and over	32.3	8.6	17.9	14.9	26.3	100.0
	TOTAL	19.5	14.5	23.2	18.5	24.3	100.0

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

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

(c) Once or more and less than 3 times per week

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

Table 6: All persons — frequency of participation in organised physical activity for exercise, recreation and sport, 2006 (a)

		None	Zero — once per week (b)	Once or twice per week (c)	Three or four times per week (d)	Five or more times per week	Total
Sex	Age group (years)	Number ('000)					
Males	15 to 24	522.4	250.0	338.2	168.8	186.5	1,465.9
	25 to 34	785.1	261.4	255.1	96.2	39.1	1,436.9
	35 to 44	881.6	311.0	221.5	65.5	27.4	1,507.0
	45 to 54	944.8	221.1	146.3	74.8	*14.9	1,402.0
	55 to 64	818.3	150.8	129.8	40.2	*7.9	1,147.1
	65 and over	887.4	90.6	154.6	69.3	*16.9	1,218.9
	TOTAL		4,839.7	1,284.8	1,245.6	514.8	292.8
Females	15 to 24	548.9	246.7	356.1	127.0	124.0	1,402.6
	25 to 34	906.7	190.2	226.3	66.9	48.5	1,438.6
	35 to 44	970.5	190.0	216.9	96.0	49.9	1,523.3
	45 to 54	1,001.5	144.4	178.5	78.3	30.9	1,433.7
	55 to 64	768.4	115.0	160.5	57.8	*21.7	1,123.4
	65 and over	1,070.7	119.2	206.2	60.4	33.4	1,490.0
	TOTAL		5,266.8	1,005.5	1,344.5	486.4	308.4
Persons	15 to 24	1,071.4	496.6	694.4	295.7	310.5	2,868.5
	25 to 34	1,691.8	451.6	481.4	163.2	87.6	2,875.6
	35 to 44	1,852.1	501.0	438.4	161.5	77.3	3,030.3
	45 to 54	1,946.4	365.5	324.9	153.1	45.9	2,835.6
	55 to 64	1,586.7	265.8	290.3	98.0	29.6	2,270.5
	65 and over	1,958.2	209.8	360.8	129.8	50.3	2,708.8
	TOTAL		10,106.5	2,290.3	2,590.1	1,001.3	601.2
Proportion of each demographic group within each category (row %)							
Males	15 to 24	35.6	17.1	23.1	11.5	12.7	100.0
	25 to 34	54.6	18.2	17.8	6.7	2.7	100.0
	35 to 44	58.5	20.6	14.7	4.3	1.8	100.0
	45 to 54	67.4	15.8	10.4	5.3	*1.1	100.0
	55 to 64	71.3	13.1	11.3	3.5	*0.7	100.0
	65 and over	72.8	7.4	12.7	5.7	*1.4	100.0
	TOTAL	59.2	15.7	15.2	6.3	3.6	100.0
Females	15 to 24	39.1	17.6	25.4	9.1	8.8	100.0
	25 to 34	63.0	13.2	15.7	4.7	3.4	100.0
	35 to 44	63.7	12.5	14.2	6.3	3.3	100.0
	45 to 54	69.9	10.1	12.5	5.5	2.2	100.0
	55 to 64	68.4	10.2	14.3	5.1	*1.9	100.0
	65 and over	71.9	8.0	13.8	4.1	2.2	100.0
	TOTAL	62.6	12.0	16.0	5.8	3.7	100.0
Persons	15 to 24	37.3	17.3	24.2	10.3	10.8	100.0
	25 to 34	58.8	15.7	16.7	5.7	3.0	100.0
	35 to 44	61.1	16.5	14.5	5.3	2.6	100.0
	45 to 54	68.6	12.9	11.5	5.4	1.6	100.0
	55 to 64	69.9	11.7	12.8	4.3	1.3	100.0
	65 and over	72.3	7.7	13.3	4.8	1.9	100.0
	TOTAL	60.9	13.8	15.6	6.0	3.6	100.0

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

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

(c) Once or more and less than 3 times per week

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

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

Table 7: All participants — frequency of participation, cumulative, 2006 (a)

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	226.0	1,128.2	890.7	685.9	1,354.2
	25 to 34	307.6	919.5	693.9	497.5	1,227.1
	35 to 44	333.8	892.3	680.5	533.1	1,226.0
	45 to 54	269.2	829.2	675.5	535.4	1,098.3
	55 to 64	187.6	662.9	531.5	426.5	850.5
	65 and over	105.2	723.8	635.4	520.8	829.1
	TOTAL	1,429.3	5,155.9	4,107.4	3,199.1	6,585.2
Females	15 to 24	224.8	1,003.2	785.0	600.0	1,228.0
	25 to 34	192.2	967.8	792.5	625.5	1,160.0
	35 to 44	198.1	1,075.5	921.1	744.1	1,273.6
	45 to 54	144.9	1,046.5	913.4	756.9	1,191.5
	55 to 64	93.9	819.6	694.7	572.5	913.5
	65 and over	128.9	875.9	751.9	594.9	1,004.8
	TOTAL	982.9	5,788.5	4,858.7	3,893.8	6,771.4
Persons	15 to 24	450.8	2,131.4	1,675.6	1,285.8	2,582.2
	25 to 34	499.7	1,887.3	1,486.3	1,122.9	2,387.1
	35 to 44	531.9	1,967.7	1,601.6	1,277.1	2,499.7
	45 to 54	414.1	1,875.7	1,588.9	1,292.3	2,289.8
	55 to 64	281.5	1,482.5	1,226.2	999.0	1,764.1
	65 and over	234.1	1,599.8	1,387.3	1,115.7	1,833.9
	TOTAL	2,412.2	10,944.5	8,966.1	7,092.9	13,356.6
Participation rate (%)						
Males	15 to 24	15.4	77.0	60.8	46.8	92.4
	25 to 34	21.4	64.0	48.3	34.6	85.4
	35 to 44	22.1	59.2	45.2	35.4	81.4
	45 to 54	19.2	59.1	48.2	38.2	78.3
	55 to 64	16.4	57.8	46.3	37.2	74.1
	65 and over	8.6	59.4	52.1	42.7	68.0
	TOTAL	17.5	63.0	50.2	39.1	80.5
Females	15 to 24	16.0	71.5	56.0	42.8	87.6
	25 to 34	13.4	67.3	55.1	43.5	80.6
	35 to 44	13.0	70.6	60.5	48.8	83.6
	45 to 54	10.1	73.0	63.7	52.8	83.1
	55 to 64	8.4	73.0	61.8	51.0	81.3
	65 and over	8.7	58.8	50.5	39.9	67.4
	TOTAL	11.7	68.8	57.8	46.3	80.5
Persons	15 to 24	15.7	74.3	58.4	44.8	90.0
	25 to 34	17.4	65.6	51.7	39.1	83.0
	35 to 44	17.6	64.9	52.9	42.1	82.5
	45 to 54	14.6	66.1	56.0	45.6	80.8
	55 to 64	12.4	65.3	54.0	44.0	77.7
	65 and over	8.6	59.1	51.2	41.2	67.7
	TOTAL	14.5	66.0	54.0	42.8	80.5

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006

Table 8: All participants — frequency of participation in organised activity, cumulative, 2006 (a)

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	250.0	693.5	508.8	355.3	943.5
	25 to 34	261.4	390.5	218.2	135.4	651.9
	35 to 44	311.0	314.4	174.3	92.9	625.4
	45 to 54	221.1	236.1	149.4	89.7	457.1
	55 to 64	150.8	177.9	92.5	48.1	328.8
	65 and over	90.6	240.9	170.9	86.3	331.4
	TOTAL	1,284.8	2,053.3	1,314.1	807.6	3,338.1
Females	15 to 24	246.7	607.1	395.1	250.9	853.7
	25 to 34	190.2	341.7	216.2	115.4	531.9
	35 to 44	190.0	362.8	222.7	145.9	552.8
	45 to 54	144.4	287.7	206.1	109.2	432.2
	55 to 64	115.0	240.0	151.5	79.5	355.0
	65 and over	119.2	300.0	193.1	93.8	419.2
	TOTAL	1,005.5	2,139.3	1,384.7	794.8	3,144.8
Persons	15 to 24	496.6	1,300.6	903.9	606.2	1,797.2
	25 to 34	451.6	732.2	434.4	250.8	1,183.8
	35 to 44	501.0	677.2	397.1	238.8	1,178.2
	45 to 54	365.5	523.8	355.5	198.9	889.3
	55 to 64	265.8	417.9	244.0	127.6	683.7
	65 and over	209.8	540.9	364.0	180.1	750.7
	TOTAL	2,290.3	4,192.6	2,698.8	1,602.4	6,482.9
Participation rate (%)						
Males	15 to 24	17.1	47.3	34.7	24.2	64.4
	25 to 34	18.2	27.2	15.2	9.4	45.4
	35 to 44	20.6	20.9	11.6	6.2	41.5
	45 to 54	15.8	16.8	10.7	6.4	32.6
	55 to 64	13.1	15.5	8.1	4.2	28.7
	65 and over	7.4	19.8	14.0	7.1	27.2
	TOTAL	15.7	25.1	16.1	9.9	40.8
Females	15 to 24	17.6	43.3	28.2	17.9	60.9
	25 to 34	13.2	23.8	15.0	8.0	37.0
	35 to 44	12.5	23.8	14.6	9.6	36.3
	45 to 54	10.1	20.1	14.4	7.6	30.1
	55 to 64	10.2	21.4	13.5	7.1	31.6
	65 and over	8.0	20.1	13.0	6.3	28.1
	TOTAL	12.0	25.4	16.5	9.4	37.4
Persons	15 to 24	17.3	45.3	31.5	21.1	62.7
	25 to 34	15.7	25.5	15.1	8.7	41.2
	35 to 44	16.5	22.3	13.1	7.9	38.9
	45 to 54	12.9	18.5	12.5	7.0	31.4
	55 to 64	11.7	18.4	10.7	5.6	30.1
	65 and over	7.7	20.0	13.4	6.6	27.7
	TOTAL	13.8	25.3	16.3	9.7	39.1

(a) Relates to persons aged 15 years and over who participated in organised physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006

Table 9: All persons — average frequency of participation in physical activity for exercise, recreation and sport, 2006 (a)

Sex	Age group (years)	Number of weekly sessions of activity (median)	Number of weekly sessions of activity (mean)	Mean number of different activities (for those that participate in any activity)
Males	15 to 24	2.6	3.6	2.5
	25 to 34	1.8	2.5	2.0
	35 to 44	1.5	2.5	1.9
	45 to 54	1.9	2.8	1.6
	55 to 64	1.4	2.7	1.3
	65 and over	2.0	3.1	1.1
	TOTAL	2.0	2.9	1.8
Females	15 to 24	2.1	3.1	2.1
	25 to 34	2.1	3.2	1.8
	35 to 44	2.9	3.3	1.8
	45 to 54	3.0	3.5	1.6
	55 to 64	3.0	3.7	1.5
	65 and over	2.0	2.8	1.0
	TOTAL	2.5	3.3	1.6
Persons	15 to 24	2.5	3.4	2.3
	25 to 34	2.0	2.8	1.9
	35 to 44	2.0	2.9	1.8
	45 to 54	2.3	3.2	1.6
	55 to 64	2.1	3.2	1.4
	65 and over	2.0	3.0	1.0
	TOTAL	2.0	3.1	1.7

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

Table 10: All participants — average frequency of participation, 2006 (a)

Sex	Age group (years)	Number of weekly sessions of activity (median)	Number of weekly sessions of activity (mean)	Mean number of different activities (for those that participate in any activity)
Males	15 to 24	3.0	3.9	3.8
	25 to 34	2.2	3.0	3.4
	35 to 44	2.2	3.1	3.5
	45 to 54	2.9	3.6	3.9
	55 to 64	3.0	3.7	4.1
	65 and over	4.0	4.6	4.4
	TOTAL	2.9	3.6	3.8
Females	15 to 24	2.9	3.6	2.4
	25 to 34	3.0	3.9	2.2
	35 to 44	3.2	4.0	2.1
	45 to 54	3.7	4.3	1.9
	55 to 64	3.9	4.6	1.8
	65 and over	3.4	4.2	1.5
	TOTAL	3.2	4.1	2.0
Persons	15 to 24	3.0	3.8	2.6
	25 to 34	2.8	3.4	2.3
	35 to 44	3.0	3.5	2.2
	45 to 54	3.2	3.9	2.0
	55 to 64	3.1	4.1	1.8
	65 and over	3.8	4.4	1.5
	TOTAL	3.0	3.8	2.1

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006

Table 11: All participants — duration of participation 2006 (a)

		One activity	Two activities	Three activities	Total
		Number ('000)			
Five hours or more	More than three sessions weekly	817.2	1,280.7	761.0	2,858.8
	Two or three sessions weekly	309.7	165.1	37.2	511.9
	Less than two sessions weekly	113.5	*17.9	**0	131.4
	<i>Total</i>	<i>1,240.3</i>	<i>1,463.7</i>	<i>798.2</i>	<i>3,502.2</i>
Two hours or more but less than five hours	More than three sessions weekly	1,029.8	873.2	288.5	2,191.5
	Two or three sessions weekly	810.2	550.5	94.5	1,455.2
	Less than two sessions weekly	527.5	126.1	**6.0	659.7
	<i>Total</i>	<i>2,367.5</i>	<i>1,549.8</i>	<i>389.1</i>	<i>4,306.3</i>
Less than two hours	More than three sessions weekly	178.2	65.5	**6.3	250.0
	Two or three sessions weekly	739.3	238.5	42.7	1,020.5
	Less than two sessions weekly	1,924.0	241.7	**2.2	2,167.9
	<i>Total</i>	<i>2,841.6</i>	<i>545.6</i>	<i>51.1</i>	<i>3,438.3</i>
Total	More than three sessions weekly	2,025.1	2,219.4	1,055.8	5,300.3
	Two or three sessions weekly	1,859.2	954.0	174.4	2,987.5
	Less than two sessions weekly	2,565.1	385.7	*8.2	2,959.0
	Total	6,449.4	3,559.1	1,238.4	11,246.8
		Participation rate (%)			
Five hours or more	More than three sessions weekly	7.3	11.4	6.8	25.4
	Two or three sessions weekly	2.8	1.5	0.3	4.6
	Less than two sessions weekly	1.0	*0.2	**0	1.2
	<i>Total</i>	<i>11.0</i>	<i>13.0</i>	<i>7.1</i>	<i>31.1</i>
Two hours or more but less than five hours	More than three sessions weekly	9.2	7.8	2.6	19.5
	Two or three sessions weekly	7.2	4.9	0.8	12.9
	Less than two sessions weekly	4.7	1.1	**0.1	5.9
	<i>Total</i>	<i>21.1</i>	<i>13.8</i>	<i>3.5</i>	<i>38.3</i>
Less than two hours	More than three sessions weekly	1.6	0.6	**0.1	2.2
	Two or three sessions weekly	6.6	2.1	0.4	9.1
	Less than two sessions weekly	17.1	2.1	**0	19.3
	<i>Total</i>	<i>25.3</i>	<i>4.9</i>	<i>0.5</i>	<i>30.6</i>
Total	More than three sessions weekly	18.0	19.7	9.4	47.1
	Two or three sessions weekly	16.5	8.5	1.6	26.6
	Less than two sessions weekly	22.8	3.4	*0.1	26.3
	Total	57.3	31.6	11.0	100.0

(a) Relates to persons aged 15 years and over who participated in one of their 'top three' physical activities for exercise, recreation and sport over a two-week period prior to interview in 2006. 'Top three' activities refer to the physical activities that respondents participated in most over 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 12: All participants — duration of participation, walkers compared to non-walkers 2006 (a)

		Non-walking	Walking and other	Walking only	All participants
		Number ('000)			
Five hours or more	More than three sessions weekly	1,380.6	1,020.7	457.6	2,858.8
	Two or three sessions weekly	470.6	35.4	**5.8	511.9
	Less than two sessions weekly	126.6	**1.3	**3.5	131.4
	<i>Total</i>	1,977.8	1,057.4	466.9	3,502.2
Two hours or more but less than five hours	More than three sessions weekly	718.5	692.3	780.8	2,191.5
	Two or three sessions weekly	904.4	250.5	300.2	1,455.2
	Less than two sessions weekly	619.5	*13.9	*26.3	659.7
	<i>Total</i>	2,242.4	956.7	1,107.2	4,306.3
Less than two hours	More than three sessions weekly	93.7	42.3	114.0	250.0
	Two or three sessions weekly	391.1	139.9	489.4	1,020.5
	Less than two sessions weekly	1,334.1	95.7	738.0	2,167.9
	<i>Total</i>	1,818.9	277.9	1,341.5	3,438.3
Total	More than three sessions weekly	2,192.7	1,755.3	1,352.3	5,300.3
	Two or three sessions weekly	1,766.2	425.9	795.4	2,987.5
	Less than two sessions weekly	2,080.3	110.9	767.8	2,959.0
	Total	6,039.2	2,292.1	2,915.6	11,246.8
		Participation rate (%)			
Five hours or more	More than three sessions weekly	12.3	9.1	4.1	25.4
	Two or three sessions weekly	4.2	0.3	**0.1	4.6
	Less than two sessions weekly	1.1	**0	**0	1.2
	<i>Total</i>	17.6	9.4	4.2	31.1
Two hours or more but less than five hours	More than three sessions weekly	6.4	6.2	6.9	19.5
	Two or three sessions weekly	8.0	2.2	2.7	12.9
	Less than two sessions weekly	5.5	*0.1	*0.2	5.9
	<i>Total</i>	19.9	8.5	9.8	38.3
Less than two hours	More than three sessions weekly	0.8	0.4	1.0	2.2
	Two or three sessions weekly	3.5	1.2	4.4	9.1
	Less than two sessions weekly	11.9	0.9	6.6	19.3
	<i>Total</i>	16.2	2.5	11.9	30.6
Total	More than three sessions weekly	19.5	15.6	12.0	47.1
	Two or three sessions weekly	15.7	3.8	7.1	26.6
	Less than two sessions weekly	18.5	1.0	6.8	26.3
	Total	53.7	20.4	25.9	100.0

(a) Relates to persons aged 15 years and over who participated in one of their 'top three' physical activities for exercise, recreation and sport over a two-week period prior to interview in 2006. 'Top three' activities refer to the physical activities that respondents participated in most over 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 13: All participants — duration of participation by age 2006 (a)

		15 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65 and over	Total
		Number ('000)						
Five hours or more	More than three sessions weekly	662.1	401.2	463.0	487.3	413.4	431.7	2,858.8
	Two or three sessions weekly	124.2	72.8	73.6	60.2	75.5	105.7	511.9
	Less than two sessions weekly	33.5	*17.8	*17.8	*25.4	*22.0	*14.9	131.4
	<i>Total</i>	819.8	491.8	554.4	572.9	510.9	552.4	3,502.2
Two hours or more but less than five hours	More than three sessions weekly	287.9	376.6	405.9	465.7	318.8	336.6	2,191.5
	Two or three sessions weekly	324.9	288.6	286.4	250.1	155.7	149.5	1,455.2
	Less than two sessions weekly	142.2	108.4	99.5	120.0	113.1	76.5	659.7
	<i>Total</i>	755.1	773.5	791.8	835.8	587.5	562.5	4,306.3
Less than two hours	More than three sessions weekly	*20.9	*21.5	52.0	33.5	39.9	82.2	250.0
	Two or three sessions weekly	145.3	204.5	202.3	174.8	135.3	158.4	1,020.5
	Less than two sessions weekly	489.3	413.1	451.7	334.9	246.8	232.1	2,167.9
	<i>Total</i>	655.5	639.0	706.0	543.2	422.1	472.6	3,438.3
Total	More than three sessions weekly	971.0	799.2	920.9	986.5	772.1	850.5	5,300.3
	Two or three sessions weekly	594.5	565.8	562.2	485.0	366.4	413.5	2,987.5
	Less than two sessions weekly	665.0	539.3	569.0	480.4	381.9	323.5	2,959.0
	Total	2,230.5	1,904.3	2,052.1	1,951.9	1,520.5	1,587.5	11,246.8
		Participation rate (%)						
Five hours or more	More than three sessions weekly	5.9	3.6	4.1	4.3	3.7	3.8	25.4
	Two or three sessions weekly	1.1	0.6	0.7	0.5	0.7	0.9	4.6
	Less than two sessions weekly	0.3	*0.2	*0.2	*0.2	*0.2	*0.1	1.2
	<i>Total</i>	7.3	4.4	4.9	5.1	4.5	4.9	31.1
Two hours or more but less than five hours	More than three sessions weekly	2.6	3.3	3.6	4.1	2.8	3.0	19.5
	Two or three sessions weekly	2.9	2.6	2.5	2.2	1.4	1.3	12.9
	Less than two sessions weekly	1.3	1.0	0.9	1.1	1.0	0.7	5.9
	<i>Total</i>	6.7	6.9	7.0	7.4	5.2	5.0	38.3
Less than two hours	More than three sessions weekly	*0.2	*0.2	0.5	0.3	0.4	0.7	2.2
	Two or three sessions weekly	1.3	1.8	1.8	1.6	1.2	1.4	9.1
	Less than two sessions weekly	4.4	3.7	4.0	3.0	2.2	2.1	19.3
	<i>Total</i>	5.8	5.7	6.3	4.8	3.8	4.2	30.6
Total	More than three sessions weekly	8.6	7.1	8.2	8.8	6.9	7.6	47.1
	Two or three sessions weekly	5.3	5.0	5.0	4.3	3.3	3.7	26.6
	Less than two sessions weekly	5.9	4.8	5.1	4.3	3.4	2.9	26.3
	Total	19.8	16.9	18.2	17.4	13.5	14.1	100.0

(a) Relates to persons aged 15 years and over who participated in one of their 'top three' physical activities for exercise, recreation and sport over a two-week period prior to interview in 2006. 'Top three' activities refer to the physical activities that respondents participated in most over the 12 months prior to interview

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

Table 14: Male participants — duration of participation by age 2006 (a)

		15 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65 and over	Total
		Number ('000)						
Five hours or more	More than three sessions weekly	430.2	210.8	223.6	234.1	184.1	220.1	1,502.9
	Two or three sessions weekly	96.3	62.2	51.9	33.4	47.1	69.1	360.0
	Less than two sessions weekly	30.4	*13.7	*17.6	*24.8	*18.9	*10.7	116.0
	<i>Total</i>	556.9	286.7	293.1	292.2	250.0	299.8	1,978.8
Two hours or more but less than five hours	More than three sessions weekly	128.0	153.8	158.8	203.6	130.7	150.0	924.8
	Two or three sessions weekly	167.3	151.5	126.0	111.4	65.7	52.1	674.1
	Less than two sessions weekly	94.5	88.6	81.0	93.9	82.5	44.1	484.6
	<i>Total</i>	389.8	393.8	365.8	408.9	278.9	246.2	2,083.5
Less than two hours	More than three sessions weekly	*8.2	**2.3	28.0	*12.5	*19.4	*24.9	95.4
	Two or three sessions weekly	44.7	96.2	83.7	71.8	65.4	70.0	431.8
	Less than two sessions weekly	208.3	172.4	234.1	144.9	114.3	82.0	956.0
	<i>Total</i>	261.2	270.9	345.9	229.2	199.1	176.9	1,483.2
Total	More than three sessions weekly	566.3	366.9	410.4	450.2	334.1	395.0	2,523.0
	Two or three sessions weekly	308.4	309.9	261.7	216.5	178.2	191.2	1,465.9
	Less than two sessions weekly	333.2	274.6	332.7	263.6	215.7	136.8	1,556.6
	Total	1,207.9	951.4	1,004.8	930.3	728.0	723.0	5,545.5
		Participation rate (%)						
Five hours or more	More than three sessions weekly	7.8	3.8	4.0	4.2	3.3	4.0	27.1
	Two or three sessions weekly	1.7	1.1	0.9	0.6	0.8	1.2	6.5
	Less than two sessions weekly	0.5	*0.2	*0.3	*0.4	*0.3	*0.2	2.1
	<i>Total</i>	10.0	5.2	5.3	5.3	4.5	5.4	35.7
Two hours or more but less than five hours	More than three sessions weekly	2.3	2.8	2.9	3.7	2.4	2.7	16.7
	Two or three sessions weekly	3.0	2.7	2.3	2.0	1.2	0.9	12.2
	Less than two sessions weekly	1.7	1.6	1.5	1.7	1.5	0.8	8.7
	<i>Total</i>	7.0	7.1	6.6	7.4	5.0	4.4	37.6
Less than two hours	More than three sessions weekly	*0.1	**0	0.5	*0.2	*0.4	*0.4	1.7
	Two or three sessions weekly	0.8	1.7	1.5	1.3	1.2	1.3	7.8
	Less than two sessions weekly	3.8	3.1	4.2	2.6	2.1	1.5	17.2
	<i>Total</i>	4.7	4.9	6.2	4.1	3.6	3.2	26.7
Total	More than three sessions weekly	10.2	6.6	7.4	8.1	6.0	7.1	45.5
	Two or three sessions weekly	5.6	5.6	4.7	3.9	3.2	3.4	26.4
	Less than two sessions weekly	6.0	5.0	6.0	4.8	3.9	2.5	28.1
	Total	21.8	17.2	18.1	16.8	13.1	13.0	100.0

(a) Relates to persons aged 15 years and over who participated in one of their 'top three' physical activities for exercise, recreation and sport over a two-week period prior to interview in 2006. 'Top three' activities refer to the physical activities that respondents participated in most over 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 15: Female participants — duration of participation by age 2006 (a)

		15 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65 and over	Total
		Number ('000)						
Five hours or more	More than three sessions weekly	231.9	190.4	239.4	253.2	229.4	211.7	1,356.0
	Two or three sessions weekly	27.9	*10.6	*21.6	26.8	28.4	36.6	151.9
	Less than two sessions weekly	**3.1	**4.2	**0.2	**0.6	**3.1	**4.3	*15.5
	<i>Total</i>	262.9	205.1	261.3	280.6	260.9	252.6	1,523.3
Two hours or more but less than five hours	More than three sessions weekly	159.9	222.8	247.2	262.2	188.1	186.6	1,266.8
	Two or three sessions weekly	157.6	137.1	160.3	138.7	89.9	97.4	781.0
	Less than two sessions weekly	47.7	*19.8	*18.5	*26.1	30.6	32.3	175.1
	<i>Total</i>	365.3	379.7	426.0	427.0	308.6	316.3	2,222.9
Less than two hours	More than three sessions weekly	*12.7	*19.1	*23.9	*20.9	*20.5	57.3	154.5
	Two or three sessions weekly	100.6	108.3	118.6	103.0	69.9	88.3	588.7
	Less than two sessions weekly	281.0	240.7	217.6	190.0	132.5	150.1	1,211.9
	<i>Total</i>	394.3	368.1	360.1	313.9	223.0	295.7	1,955.1
Total	More than three sessions weekly	404.6	432.3	510.5	536.3	438.0	455.6	2,777.3
	Two or three sessions weekly	286.1	255.9	300.5	268.5	188.3	222.3	1,521.7
	Less than two sessions weekly	331.8	264.6	236.3	216.8	166.2	186.7	1,402.4
	Total	1,022.6	952.9	1,047.3	1,021.6	792.5	864.6	5,701.3
		Participation rate (%)						
Five hours or more	More than three sessions weekly	4.1	3.3	4.2	4.4	4.0	3.7	23.8
	Two or three sessions weekly	0.5	*0.2	*0.4	0.5	0.5	0.6	2.7
	Less than two sessions weekly	**0.1	**0.1	**0	**0	**0.1	**0.1	*0.3
	<i>Total</i>	4.6	3.6	4.6	4.9	4.6	4.4	26.7
Two hours or more but less than five hours	More than three sessions weekly	2.8	3.9	4.3	4.6	3.3	3.3	22.2
	Two or three sessions weekly	2.8	2.4	2.8	2.4	1.6	1.7	13.7
	Less than two sessions weekly	0.8	*0.3	*0.3	*0.5	0.5	0.6	3.1
	<i>Total</i>	6.4	6.7	7.5	7.5	5.4	5.5	39.0
Less than two hours	More than three sessions weekly	*0.2	*0.3	*0.4	*0.4	*0.4	1.0	2.7
	Two or three sessions weekly	1.8	1.9	2.1	1.8	1.2	1.5	10.3
	Less than two sessions weekly	4.9	4.2	3.8	3.3	2.3	2.6	21.3
	<i>Total</i>	6.9	6.5	6.3	5.5	3.9	5.2	34.3
Total	More than three sessions weekly	7.1	7.6	9.0	9.4	7.7	8.0	48.7
	Two or three sessions weekly	5.0	4.5	5.3	4.7	3.3	3.9	26.7
	Less than two sessions weekly	5.8	4.6	4.1	3.8	2.9	3.3	24.6
	Total	17.9	16.7	18.4	17.9	13.9	15.2	100.0

(a) Relates to persons aged 15 years and over who participated in one of their 'top three' physical activities for exercise, recreation and sport over a two-week period prior to interview in 2006. 'Top three' activities refer to the physical activities that respondents participated in most over 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 16: Selected activities by sex, 2006

Activity	MALES		FEMALES		PERSONS	
	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)
Aerobics/fitness	1,211.8	14.8	1,949.5	23.2	3,161.3	19.1
Aquarobics	32.9	0.4	194.8	2.3	227.6	1.4
Athletics/track and field	58.9	0.7	34.8	0.4	93.6	0.6
Australian football	403.5	4.9	42.3	0.5	445.8	2.7
Badminton	82.7	1.0	59.4	0.7	142.1	0.9
Baseball	30.1	0.4	**6.6	**0.1	36.7	0.2
Basketball	340.1	4.2	201.5	2.4	541.6	3.3
Billiards/snooker/pool	29.4	0.4	*7.0	*0.1	36.4	0.2
Boxing	77.6	0.9	35.7	0.4	113.3	0.7
Canoeing/kayaking	71.1	0.9	50.7	0.6	121.9	0.7
Carpet bowls	*14.5	*0.2	*26.4	*0.3	40.9	0.2
Cricket (indoor)	138.0	1.7	*11.2	*0.1	149.2	0.9
Cricket (outdoor)	474.3	5.8	50.1	0.6	524.4	3.2
Cycling	1,079.9	13.2	602.8	7.2	1,682.8	10.1
Dancing	72.5	0.9	326.8	3.9	399.3	2.4
Darts	*14.4	*0.2	*8.3	*0.1	*22.7	*0.1
Fishing	309.4	3.8	46.7	0.6	356.1	2.1
Football (indoor)	254.6	3.1	55.4	0.7	310.1	1.9
Football (outdoor)	519.9	6.4	177.5	2.1	697.4	4.2
Golf	890.3	10.9	241.7	2.9	1,132.0	6.8
Gymnastics	**3.4	**0	37.3	0.4	40.7	0.2
Hockey (indoor)	*8.4	*0.1	*17.9	*0.2	*26.3	*0.2
Hockey (outdoor)	71.8	0.9	85.9	1.0	157.6	1.0
Horse riding/equestrian activities/polocrosse	48.2	0.6	165.6	2.0	213.9	1.3
Ice/snow sports	114.1	1.4	63.7	0.8	177.7	1.1
Lawn bowls	211.5	2.6	139.0	1.7	350.5	2.1
Martial arts	154.9	1.9	150.9	1.8	305.8	1.8
Motor sports	181.5	2.2	*25.5	*0.3	207.0	1.2
Netball	57.9	0.7	536.0	6.4	593.9	3.6
Orienteering	46.9	0.6	28.1	0.3	74.9	0.5
Rock climbing	62.4	0.8	*17.9	*0.2	80.3	0.5
Roller sports	80.9	1.0	*18.8	*0.2	99.7	0.6
Rowing	40.1	0.5	26.9	0.3	67.0	0.4
Rugby league	184.7	2.3	*25.1	*0.3	209.8	1.3
Rugby union	158.5	1.9	**6.7	**0.1	165.3	1.0
Running	755.3	9.2	468.8	5.6	1,224.1	7.4
Sailing	71.7	0.9	*18.8	*0.2	90.5	0.5
Scuba diving	57.1	0.7	*21.2	*0.3	78.3	0.5
Shooting sports	77.8	1.0	**5.0	**0.1	82.8	0.5
Softball	*16.5	*0.2	31.8	0.4	48.3	0.3
Squash/racquetball	148.9	1.8	71.0	0.8	219.8	1.3
Surf sports	314.3	3.8	71.8	0.9	386.1	2.3
Swimming	990.5	12.1	1,266.3	15.1	2,256.9	13.6
Table tennis	56.2	0.7	*23.5	*0.3	79.7	0.5
Tennis	592.0	7.2	538.7	6.4	1,130.7	6.8
Tenpin bowling	57.2	0.7	59.5	0.7	116.7	0.7
Touch football	283.0	3.5	118.6	1.4	401.6	2.4
Triathlon	41.8	0.5	*13.5	*0.2	55.3	0.3
Volleyball	102.8	1.3	93.7	1.1	196.5	1.2
Walking (bush)	358.4	4.4	415.7	4.9	774.0	4.7
Walking (other)	2,141.1	26.2	3,860.6	45.9	6,001.7	36.2
Water polo	*10.3	*0.1	*26.4	*0.3	36.7	0.2
Waterskiing/powerboating	106.4	1.3	35.8	0.4	142.2	0.9
Weight training	288.4	3.5	221.0	2.6	509.4	3.1
Yoga	42.1	0.5	445.4	5.3	487.5	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 activities by age, 2006

Activity	Number ('000)						Total
	15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	
Aerobics/fitness	720.6	614.3	596.4	546.1	348.7	335.3	3,161.3
Aquarobics	*11.3	*17.6	*25.8	34.2	63.3	75.4	227.6
Athletics/track and field	77.2	**2.7	*9.4	**1.5	—	**2.9	93.6
Australian football	270.5	91.5	58.0	*20.5	**4.4	**0.9	445.8
Badminton	62.8	31.3	*26.3	*6.8	*10.3	**4.7	142.1
Baseball	*14.6	*9.2	*7.3	**4.2	**1.5	—	36.7
Basketball	330.6	100.8	71.2	31.8	**5.4	**1.7	541.6
Billiards/snooker/pool	*9.5	**6.2	**4.9	**4.5	**1.8	*9.4	36.4
Boxing	56.4	27.4	*19.5	*9.9	—	**0.1	113.3
Canoeing/kayaking	*17.6	*25.7	*21.4	30.1	*25.1	**2.1	121.9
Carpet bowls	—	—	—	**0.2	**2.9	37.7	40.9
Cricket (indoor)	55.6	64.2	*18.3	*9.4	**1.4	**0.2	149.2
Cricket (outdoor)	259.4	118.2	90.7	42.7	*9.0	**4.4	524.4
Cycling	231.8	380.3	513.8	277.3	194.8	84.7	1,682.8
Dancing	159.7	43.4	38.5	48.7	62.9	46.1	399.3
Darts	**2.9	**5.5	**1.8	**6.6	**5.5	**0.4	*22.7
Fishing	27.2	48.6	89.5	74.3	73.3	43.1	356.1
Football (indoor)	186.1	72.2	36.1	*12.3	**3.4	—	310.1
Football (outdoor)	392.3	113.0	134.1	50.8	**6.3	**0.9	697.4
Golf	110.4	164.2	217.9	219.5	232.5	187.5	1,132.0
Gymnastics	*20.7	**0.7	*9.2	**5.2	**3.1	**1.8	40.7
Hockey (indoor)	*22.4	**1.6	**2.2	—	—	—	*26.3
Hockey (outdoor)	81.2	*18.9	37.9	*14.5	**3.7	**1.5	157.6
Horse riding/equestrian activities/polocrosse	63.8	44.5	50.0	35.9	*12.3	*7.4	213.9
Ice/snow sports	44.2	41.9	46.8	35.2	*7.5	**2.1	177.7
Lawn bowls	*15.0	*22.2	*24.3	*21.0	63.3	204.8	350.5
Martial arts	109.4	63.4	42.6	29.2	*21.6	39.6	305.8
Motor sports	73.5	44.3	47.8	*25.4	*12.3	**3.8	207.0
Netball	285.8	168.4	107.6	26.6	**3.8	**1.7	593.9
Orienteering	45.2	*14.7	*9.2	**5.6	**0.1	**0.2	74.9
Rock climbing	*25.2	35.0	*11.9	*7.2	**0.8	**0.1	80.3
Roller sports	39.1	34.9	*16.7	**6.0	**2.9	—	99.7
Rowing	30.4	*8.1	*7.4	*14.7	**4.2	**2.1	67.0
Rugby league	152.3	40.9	*14.4	**2.1	—	—	209.8
Rugby union	122.7	*16.4	*15.4	*7.9	**2.8	—	165.3
Running	352.2	332.0	319.1	149.9	55.9	*15.0	1,224.1
Sailing	*10.9	**5.1	*23.4	*13.6	*23.3	*14.1	90.5
Scuba diving	*21.2	28.0	*10.1	*13.5	**4.0	**1.7	78.3
Shooting sports	*21.0	*9.8	*24.5	*7.0	*15.9	**4.4	82.8
Softball	*23.7	*10.0	*8.3	**6.2	—	—	48.3
Squash/racquetball	39.1	72.2	59.6	40.6	*7.0	**1.3	219.8
Surf sports	120.6	91.4	86.2	69.0	*11.6	*7.3	386.1
Swimming	389.9	489.9	524.7	437.1	250.2	165.2	2,256.9
Table tennis	*26.0	*14.4	*21.3	*7.1	*8.5	**2.3	79.7
Tennis	271.0	230.8	203.6	229.3	125.0	71.0	1,130.7
Tenpin bowling	*22.7	*19.7	*24.4	*22.7	*10.8	*16.4	116.7
Touch football	154.2	121.7	90.4	30.9	**2.2	**2.3	401.6
Triathlon	*12.9	*19.9	*17.1	**3.0	**2.4	—	55.3
Volleyball	113.5	36.2	29.9	*16.8	**0.1	—	196.5
Walking (bush)	53.0	148.0	169.7	201.5	133.7	68.2	774.0
Walking (other)	391.8	872.4	1,058.9	1,332.0	1,123.4	1,223.2	6,001.7
Water polo	26.5	*6.9	**1.9	**1.4	—	—	36.7
Waterskiing/powerboating	30.8	41.2	37.7	*26.0	**6.5	—	142.2
Weight training	104.9	133.4	114.8	65.0	56.0	35.3	509.4
Yoga	47.1	107.3	124.3	81.5	76.8	50.5	487.5

* 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 17 continued: Selected activities by age, 2006

Activity	Participation rate (%)						Total
	15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	
Aerobics/fitness	25.1	21.4	19.7	19.3	15.4	12.4	19.1
Aquarobics	*0.4	*0.6	*0.9	1.2	2.8	2.8	1.4
Athletics/track and field	2.7	**0.1	*0.3	**0.1	—	**0.1	0.6
Australian football	9.4	3.2	1.9	*0.7	**0.2	**0	2.7
Badminton	2.2	1.1	*0.9	*0.2	*0.5	**0.2	0.9
Baseball	*0.5	*0.3	*0.2	**0.1	**0.1	—	0.2
Basketball	11.5	3.5	2.4	1.1	**0.2	**0.1	3.3
Billiards/snooker/pool	*0.3	**0.2	**0.2	**0.2	**0.1	*0.3	0.2
Boxing	2.0	1.0	*0.6	*0.4	—	**0	0.7
Canoeing/kayaking	*0.6	*0.9	*0.7	1.1	*1.1	**0.1	0.7
Carpet bowls	—	—	—	**0	**0.1	1.4	0.2
Cricket (indoor)	1.9	2.2	*0.6	*0.3	**0.1	**0	0.9
Cricket (outdoor)	9.0	4.1	3.0	1.5	*0.4	**0.2	3.2
Cycling	8.1	13.2	17.0	9.8	8.6	3.1	10.1
Dancing	5.6	1.5	1.3	1.7	2.8	1.7	2.4
Darts	**0.1	**0.2	**0.1	**0.2	**0.2	**0	*0.1
Fishing	0.9	1.7	3.0	2.6	3.2	1.6	2.1
Football (indoor)	6.5	2.5	1.2	*0.4	**0.1	—	1.9
Football (outdoor)	13.7	3.9	4.4	1.8	**0.3	**0	4.2
Golf	3.8	5.7	7.2	7.7	10.2	6.9	6.8
Gymnastics	*0.7	**0	*0.3	**0.2	**0.1	**0.1	0.2
Hockey (indoor)	*0.8	**0.1	**0.1	—	—	—	*0.2
Hockey (outdoor)	2.8	*0.7	1.2	*0.5	**0.2	**0.1	1.0
Horse riding/equestrian activities/polocrosse	2.2	1.5	1.6	1.3	*0.5	*0.3	1.3
Ice/snow sports	1.5	1.5	1.5	1.2	*0.3	**0.1	1.1
Lawn bowls	*0.5	*0.8	*0.8	*0.7	2.8	7.6	2.1
Martial arts	3.8	2.2	1.4	1.0	*1.0	1.5	1.8
Motor sports	2.6	1.5	1.6	*0.9	*0.5	**0.1	1.2
Netball	10.0	5.9	3.6	0.9	**0.2	**0.1	3.6
Orienteering	1.6	*0.5	*0.3	**0.2	**0	**0	0.5
Rock climbing	*0.9	1.2	*0.4	*0.3	**0	**0	0.5
Roller sports	1.4	1.2	*0.6	**0.2	**0.1	—	0.6
Rowing	1.1	*0.3	*0.2	*0.5	**0.2	**0.1	0.4
Rugby league	5.3	1.4	*0.5	**0.1	—	—	1.3
Rugby union	4.3	*0.6	*0.5	*0.3	**0.1	—	1.0
Running	12.3	11.5	10.5	5.3	2.5	*0.6	7.4
Sailing	*0.4	**0.2	*0.8	*0.5	*1.0	*0.5	0.5
Scuba diving	*0.7	1.0	*0.3	*0.5	**0.2	**0.1	0.5
Shooting sports	*0.7	*0.3	*0.8	*0.2	*0.7	**0.2	0.5
Softball	*0.8	*0.3	*0.3	**0.2	—	—	0.3
Squash/racquetball	1.4	2.5	2.0	1.4	*0.3	**0	1.3
Surf sports	4.2	3.2	2.8	2.4	*0.5	*0.3	2.3
Swimming	13.6	17.0	17.3	15.4	11.0	6.1	13.6
Table tennis	*0.9	*0.5	*0.7	*0.3	*0.4	**0.1	0.5
Tennis	9.4	8.0	6.7	8.1	5.5	2.6	6.8
Tenpin bowling	*0.8	*0.7	*0.8	*0.8	*0.5	*0.6	0.7
Touch football	5.4	4.2	3.0	1.1	**0.1	**0.1	2.4
Triathlon	*0.5	*0.7	*0.6	**0.1	**0.1	—	0.3
Volleyball	4.0	1.3	1.0	*0.6	**0	—	1.2
Walking (bush)	1.8	5.1	5.6	7.1	5.9	2.5	4.7
Walking (other)	13.7	30.3	34.9	47.0	49.5	45.2	36.2
Water polo	0.9	*0.2	**0.1	**0	—	—	0.2
Waterskiing/powerboating	1.1	1.4	1.2	*0.9	**0.3	—	0.9
Weight training	3.7	4.6	3.8	2.3	2.5	1.3	3.1
Yoga	1.6	3.7	4.1	2.9	3.4	1.9	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 18: Selected organised sports and physical activities by age, 2006

Activity	Number ('000)						Total
	15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	
Aerobics/fitness	317.4	235.7	226.2	215.8	151.9	172.6	1,319.5
Aquarobics	*7.7	*14.8	*19.9	*19.7	47.0	49.8	158.8
Athletics/track and field	64.0	**0.2	**4.3	**1.5	—	**0.6	70.6
Australian Rules football	221.7	73.5	42.9	*8.7	**0.3	**0.2	347.2
Badminton	46.0	*11.6	*14.3	**1.4	*8.6	**2.1	84.0
Baseball	*10.6	*8.2	*7.3	**4.2	**1.5	—	31.7
Basketball	245.7	57.0	47.4	*24.9	**2.7	**1.7	379.5
Billiards/snooker/pool	—	**2.8	**1.6	**2.7	**1.0	**4.6	*12.6
Boxing	32.4	*13.8	*11.7	**4.8	—	*0.1	62.9
Canoeing/kayaking	**3.5	*11.8	**1.8	*6.8	**4.2	*0.4	28.6
Carpet bowls	—	—	—	**0.2	**2.2	32.4	34.8
Cricket (indoor)	38.6	43.2	*17.5	**6.7	**0.1	—	106.1
Cricket (outdoor)	217.2	75.3	67.1	27.9	**4.2	**4.2	395.9
Cycling	*23.7	38.1	34.0	*26.3	*16.6	**4.4	143.0
Dancing	140.5	*21.4	29.6	37.6	50.6	33.6	313.3
Darts	**2.9	**0.7	**1.8	**6.6	**4.3	**0.4	*16.6
Fishing	**2.9	**0.4	*12.6	*12.1	**5.9	**3.5	37.4
Football (indoor)	119.2	58.5	33.6	*12.0	**3.4	—	226.7
Football (outdoor)	239.1	67.2	95.5	38.7	**2.2	—	442.7
Golf	38.2	64.0	93.5	121.6	161.6	149.6	628.5
Gymnastics	*20.7	**0.7	**1.1	**2.6	**0.1	**1.8	27.0
Hockey (indoor)	*20.7	**1.6	**2.2	—	*0.1	—	*24.6
Hockey (outdoor)	73.2	*18.3	37.9	*14.5	**3.7	**1.5	149.2
Horse riding/equestrian activities/polocrosse	35.6	*21.9	*17.7	*13.6	*7.1	**1.9	97.8
Ice/snow sports	*7.4	**5.7	*8.3	**4.5	**5.4	**0.3	31.5
Lawn bowls	*15.0	*19.3	*17	*17.9	62.4	195.3	326.9
Martial arts	102.1	49.9	34.7	*25.0	*18.2	31.2	261.2
Motor sports	*21.3	*15.5	27.7	*17.3	*11.1	**0.7	93.6
Netball	259.0	131.0	97.0	*24.9	**2.6	**1.7	516.1
Orienteering	32.2	**2.3	**3.9	**5.6	—	**0.2	44.1
Rock climbing	*18.0	**4.0	**0.1	**2.9	**0.1	—	*25.0
Roller sports	*10.0	**6.0	**1.0	**0.2	—	—	*17.2
Rowing	30.4	**5.2	**4.5	*9.0	**3.6	**0.2	53.0
Rugby league	105.2	40.9	*13.1	**2.1	—	—	161.4
Rugby union	105.7	*16.4	*14.4	**3.8	**2.8	—	143.2
Running	28.6	45.3	*26.4	*21.5	*6.9	**2.8	131.6
Sailing	**5.3	**5.0	*13.7	**4.4	*17.0	*8.3	53.7
Scuba diving	*16.6	*9.6	**4.4	**0.8	**0.1	—	31.4
Shooting sports	**0.4	**2.8	*12.4	**5.0	**4.0	**4.4	28.9
Softball	*19.7	**5.5	*8.3	**4.7	—	—	38.2
Squash/racquetball	*16.9	27.1	31.9	*25.7	**6.2	**1.3	109.0
Surf sports	*26.3	**5.4	*11.8	**5.5	—	**0.2	49.2
Swimming	120.3	34.6	62.5	51.1	32.6	*14.7	315.8
Table tennis	*7.9	**2.7	**5.3	**1.4	**5.2	**2.3	*24.8
Tennis	141.8	76.4	58.5	92.4	46.0	31.0	446.1
Tenpin bowling	**6.6	*17.6	*13.4	*16.6	*7.2	*15.0	76.4
Touch football	123.8	97.5	71.9	*22.7	**0.8	—	316.8
Triathlon	*11.2	*19.9	*17.1	**3.0	**2.4	—	53.6
Volleyball	82.9	*22.0	*15.4	*16.5	**0.1	—	136.9
Walking (bush)	**5.2	*13.4	*11.3	34.0	*25.8	*22.4	112.2
Walking (other)	*8.6	*17.5	*23.4	28.7	36.6	54.6	169.4
Water polo	26.5	*6.9	**1.9	**1.4	—	—	36.7
Waterskiing/powerboating	**2.4	**2.7	**0.6	**2.1	**3.4	—	*11.2
Weight training	31.4	34.5	42.6	*21.3	*18.7	*18.3	166.8
Yoga	32.1	45.4	80.1	37.4	34.8	29.3	259.1

* 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 18 continued: Selected organised sports and physical activities by age, 2006

Activity	Participation rate (%)						Total
	15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	
Aerobics/fitness	11.1	8.2	7.5	7.6	6.7	6.4	8.0
Aquarobics	*0.3	*0.5	*0.7	*0.7	2.1	1.8	1.0
Athletics/track and field	2.2	**0	**0.1	**0.1	—	**0	0.4
Australian Rules football	7.7	2.6	1.4	*0.3	**0	**0	2.1
Badminton	1.6	*0.4	*0.5	**0	*0.4	**0.1	0.5
Baseball	*0.4	*0.3	*0.2	**0.1	**0.1	—	0.2
Basketball	8.6	2.0	1.6	*0.9	**0.1	**0.1	2.3
Billiards/snooker/pool	—	**0.1	**0.1	**0.1	**0	**0.2	*0.1
Boxing	1.1	*0.5	*0.4	**0.2	—	**0	0.4
Canoeing/kayaking	**0.1	*0.4	**0.1	*0.2	**0.2	**0	0.2
Carpet bowls	—	—	—	**0	**0.1	1.2	0.2
Cricket (indoor)	1.3	1.5	*0.6	**0.2	**0	—	0.6
Cricket (outdoor)	7.6	2.6	2.2	1.0	**0.2	**0.2	2.4
Cycling	*0.8	1.3	1.1	*0.9	*0.7	**0.2	0.9
Dancing	4.9	*0.7	1.0	1.3	2.2	1.2	1.9
Darts	**0.1	**0	**0.1	**0.2	**0.2	**0	*0.1
Fishing	**0.1	**0	*0.4	*0.4	**0.3	**0.1	0.2
Football (indoor)	4.2	2.0	1.1	*0.4	**0.1	—	1.4
Football (outdoor)	8.3	2.3	3.2	1.4	**0.1	—	2.7
Golf	1.3	2.2	3.1	4.3	7.1	5.5	3.8
Gymnastics	*0.7	**0	**0	**0.1	**0	**0.1	0.2
Hockey (indoor)	*0.7	**0.1	**0.1	—	**0	—	*0.1
Hockey (outdoor)	2.6	*0.6	1.2	*0.5	**0.2	**0.1	0.9
Horse riding/equestrian activities/polocrosse	1.2	*0.8	*0.6	*0.5	*0.3	**0.1	0.6
Ice/snow sports	*0.3	**0.2	*0.3	**0.2	**0.2	**0	0.2
Lawn bowls	*0.5	*0.7	*0.6	*0.6	2.7	7.2	2.0
Martial arts	3.6	1.7	1.1	*0.9	*0.8	1.2	1.6
Motor sports	*0.7	*0.5	0.9	*0.6	*0.5	**0	0.6
Netball	9.0	4.6	3.2	*0.9	**0.1	**0.1	3.1
Orienteering	1.1	**0.1	**0.1	**0.2	—	**0	0.3
Rock climbing	*0.6	**0.1	**0	**0.1	**0	—	*0.2
Roller sports	*0.3	**0.2	**0	**0	—	—	*0.1
Rowing	1.1	**0.2	**0.1	*0.3	**0.2	**0	0.3
Rugby league	3.7	1.4	*0.4	**0.1	—	—	1.0
Rugby union	3.7	*0.6	*0.5	**0.1	**0.1	—	0.9
Running	1.0	1.6	*0.9	*0.8	*0.3	**0.1	0.8
Sailing	**0.2	**0.2	*0.5	**0.2	*0.7	*0.3	0.3
Scuba diving	*0.6	*0.3	**0.1	**0	**0	—	0.2
Shooting sports	**0	**0.1	*0.4	**0.2	**0.2	**0.2	0.2
Softball	*0.7	**0.2	*0.3	**0.2	—	—	0.2
Squash/racquetball	*0.6	0.9	1.1	*0.9	**0.3	**0	0.7
Surf sports	*0.9	**0.2	*0.4	**0.2	—	**0	0.3
Swimming	4.2	1.2	2.1	1.8	1.4	*0.5	1.9
Table tennis	*0.3	**0.1	**0.2	**0	**0.2	**0.1	*0.1
Tennis	4.9	2.7	1.9	3.3	2.0	1.1	2.7
Tenpin bowling	**0.2	*0.6	*0.4	*0.6	*0.3	*0.6	0.5
Touch football	4.3	3.4	2.4	*0.8	**0	—	1.9
Triathlon	*0.4	*0.7	*0.6	**0.1	**0.1	—	0.3
Volleyball	2.9	*0.8	*0.5	*0.6	**0	—	0.8
Walking (bush)	**0.2	*0.5	*0.4	1.2	*1.1	*0.8	0.7
Walking (other)	*0.3	*0.6	*0.8	1.0	1.6	2.0	1.0
Water polo	0.9	*0.2	**0.1	**0	—	—	0.2
Waterskiing/powerboating	**0.1	**0.1	**0	**0.1	**0.1	—	*0.1
Weight training	1.1	1.2	1.4	*0.8	*0.8	*0.7	1.0
Yoga	1.1	1.6	2.6	1.3	1.5	1.1	1.6

* 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 by frequency of participation, 2006 (a)

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	139.1	162.0	217.3	550.5	784.7	1,307.7	3,161.3
Aquarobics	*16.2	*25.3	*23.4	73.5	54.4	34.8	227.6
Athletics/track and field	*24.6	*14.7	*11.2	*18.5	*9.1	*15.6	93.6
Australian football	68.6	43.4	73.3	92.2	91.8	76.3	445.8
Badminton	*15.3	*17.6	27.1	51.4	*25.9	**4.9	142.1
Baseball	**3.5	**6.3	*11.4	**3.6	**4.8	*7.2	36.7
Basketball	46.7	75.1	88.0	158.7	97.5	75.5	541.6
Billiards/snooker/pool	**0.1	**1.4	*9.0	*16.0	**5.1	**4.8	36.4
Boxing	*11.7	**1.8	*10.4	27.4	36.6	*25.5	113.3
Canoeing/kayaking	39.1	28.4	*22.1	*18.1	*8.1	**6.1	121.9
Carpet bowls	**0.2	**1.5	**4.8	*8.4	*15.7	*10.3	40.9
Cricket (indoor)	*19.0	*18.2	31.2	53.1	*25.8	**1.9	149.2
Cricket (outdoor)	100.3	70.7	101.3	151.2	60.8	40.0	524.4
Cycling	187.0	203.4	285.7	351.2	238.2	417.4	1,682.8
Dancing	34.3	33.2	52.1	128.4	86.3	64.9	399.3
Darts	**0.2	**0.2	**3.1	*12.7	**5.6	**0.8	*22.7
Fishing	80.9	75.5	95.2	58.0	30.2	*16.3	356.1
Football (indoor)	60.9	41.0	66.2	92.6	36.9	*12.4	310.1
Football (outdoor)	89.9	105.9	134.6	175.3	117.7	74.0	697.4
Golf	215.0	205.4	158.5	277.9	190.7	84.4	1,132.0
Gymnastics	**4.9	**6.2	**4.3	*10.6	**2.1	*12.5	40.7
Hockey (indoor)	**5.2	**0.6	*6.8	*13.8	—	—	*26.3
Hockey (outdoor)	*16.5	*17.4	*19.9	58.4	33.4	*12.0	157.6
Horse riding/equestrian activities/polocrosse	36.2	28.0	*21.2	46.2	*22.7	59.5	213.9
Ice/snow sports	78.1	38.7	*24.8	*25.7	*8.3	**2.2	177.7
Lawn bowls	52.3	*20.9	33.6	72.8	95.9	75.0	350.5
Martial arts	*15.2	*11.2	26.7	85.8	70.5	96.5	305.8
Motor sports	33.5	34.3	75.3	32.6	*12.5	*18.8	207.0
Netball	42.9	72.3	75.4	234.1	110.7	58.4	593.9
Orienteering	*23.8	**2.4	*11.2	*15.1	**5.0	*17.6	74.9
Rock climbing	28.1	*24.7	**6.1	*14.8	**2.3	**4.3	80.3
Roller sports	*13.3	*11.0	*18.6	*23.4	*13.1	*20.3	99.7
Rowing	**4.4	*7.5	**6.3	*10.7	*20.2	*17.9	67.0
Rugby league	35.6	**5.1	29.0	47.5	50.1	42.4	209.8
Rugby union	*11.6	*20.7	39.5	41.3	*21.2	31.0	165.3
Running	82.0	66.4	116.8	292.4	281.0	385.6	1,224.1
Sailing	*25.2	*12.2	*23.5	*20.2	**6.5	**3.1	90.5
Scuba diving	48.2	*9.5	*14.3	**4.2	**0.3	**1.9	78.3
Shooting sports	*18.9	*26.4	*16.5	*18.1	**2.7	**0.2	82.8
Softball	*9.0	*14.5	*8.3	*7.1	*9.2	**0.3	48.3
Squash/racquetball	50.2	*24.3	31.6	58.0	35.8	*19.9	219.8
Surf sports	44.1	37.7	93.8	106.9	58.3	45.2	386.1
Swimming	240.5	298.3	465.6	585.0	349.6	317.9	2,256.9
Table tennis	*14.8	*15.7	*12.3	*17.6	*8.7	*10.7	79.7
Tennis	234.3	203.3	177.5	350.5	121.5	43.6	1,130.7
Tenpin bowling	*26.2	*14.0	*7.5	52.9	*8.9	*7.2	116.7
Touch football	54.6	60.7	117.1	80.0	69.4	*19.8	401.6
Triathlon	26.8	**6.5	**5.3	**5.1	**6.3	**5.2	55.3
Volleyball	35.1	36.1	46.5	46.4	*22.2	*10.2	196.5
Walking (bush)	281.1	164.0	93.0	114.4	41.9	79.5	774.0
Walking (other)	126.3	109.1	256.3	829.9	1,064.2	3,615.9	6,001.7
Water polo	—	*11.9	*7.7	**3.8	**3.9	*9.3	36.7
Waterskiing/powerboating	33.5	45.8	47.1	*12.7	**3.2	**0	142.2
Weight training	*25.1	*17.0	47.9	81.8	113.8	223.9	509.4
Yoga	34.4	54.8	57.2	210.7	60.4	70.0	487.5

(a) Number of times persons undertook the activity, including practice and training, during the 12 months prior to interview in 2006.

* 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 continued: Selected sports and physical activities by frequency of participation, 2006 (a)

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	0.8	1.0	1.3	3.3	4.7	7.9	19.1	121.8	104
Aquarobics	*0.1	*0.2	*0.1	0.4	0.3	0.2	1.4	67.2	52
Athletics/track and field	*0.1	*0.1	*0.1	*0.1	*0.1	*0.1	0.6	63.4	24
Australian football	0.4	0.3	0.4	0.6	0.6	0.5	2.7	57.0	40
Badminton	*0.1	*0.1	0.2	0.3	*0.2	**0	0.9	45.6	45
Baseball	**0	**0	*0.1	**0	**0	*0	0.2	58.6	20
Basketball	0.3	0.5	0.5	1.0	0.6	0.5	3.3	69.9	50
Billiards/snooker/pool	**0	**0	*0.1	*0.1	**0	**0	0.2	62.3	52
Boxing	*0.1	**0	*0.1	0.2	0.2	*0.2	0.7	92.6	75
Canoeing/kayaking	0.2	0.2	*0.1	*0.1	*0	**0	0.7	30.5	12
Carpet bowls	**0	**0	**0	*0.1	*0.1	*0.1	0.2	92.6	103
Cricket (indoor)	*0.1	*0.1	0.2	0.3	*0.2	**0	0.9	42.0	35
Cricket (outdoor)	0.6	0.4	0.6	0.9	0.4	0.2	3.2	40.3	25
Cycling	1.1	1.2	1.7	2.1	1.4	2.5	10.1	90.3	50
Dancing	0.2	0.2	0.3	0.8	0.5	0.4	2.4	73.9	52
Darts	**0	**0	**0	*0.1	**0	**0	*0.1	64.3	52
Fishing	0.5	0.5	0.6	0.3	0.2	*0.1	2.1	31.5	20
Football (indoor)	0.4	0.2	0.4	0.6	0.2	*0.1	1.9	39.1	25
Football (outdoor)	0.5	0.6	0.8	1.1	0.7	0.4	4.2	51.3	30
Golf	1.3	1.2	1.0	1.7	1.1	0.5	6.8	45.0	26
Gymnastics	**0	**0	**0	*0.1	**0	*0.1	0.2	84.7	40
Hockey (indoor)	**0	**0	*0	*0.1	—	—	*0.2	30.2	30
Hockey (outdoor)	*0.1	*0.1	*0.1	0.4	0.2	*0.1	1.0	50.4	36
Horse riding/equestrian activities/polocrosse	0.2	0.2	*0.1	0.3	*0.1	0.4	1.3	104.4	50
Ice/snow sports	0.5	0.2	*0.1	*0.2	*0	**0	1.1	17.3	7
Lawn bowls	0.3	*0.1	0.2	0.4	0.6	0.5	2.1	74.7	52
Martial arts	*0.1	*0.1	0.2	0.5	0.4	0.6	1.8	103.3	90
Motor sports	0.2	0.2	0.5	0.2	*0.1	*0.1	1.2	42.1	24
Netball	0.3	0.4	0.5	1.4	0.7	0.4	3.6	59.0	50
Orienteering	*0.1	**0	*0.1	*0.1	**0	*0.1	0.5	73.8	30
Rock climbing	0.2	*0.1	**0	*0.1	**0	**0	0.5	28.5	10
Roller sports	*0.1	*0.1	*0.1	*0.1	*0.1	*0.1	0.6	73.2	40
Rowing	**0	*0	**0	*0.1	*0.1	*0.1	0.4	95.2	85
Rugby league	0.2	**0	0.2	0.3	0.3	0.3	1.3	70.2	52
Rugby union	*0.1	*0.1	0.2	0.2	*0.1	0.2	1.0	58.7	30
Running	0.5	0.4	0.7	1.8	1.7	2.3	7.4	104.1	100
Sailing	*0.2	*0.1	*0.1	*0.1	**0	**0	0.5	28.9	20
Scuba diving	0.3	*0.1	*0.1	**0	**0	**0	0.5	12.1	6
Shooting sports	*0.1	*0.2	*0.1	*0.1	**0	**0	0.5	21.2	12
Softball	*0.1	*0.1	*0.1	*0	*0.1	**0	0.3	30.8	18
Squash/racquetball	0.3	*0.1	0.2	0.3	0.2	*0.1	1.3	48.7	40
Surf sports	0.3	0.2	0.6	0.6	0.4	0.3	2.3	61.5	30
Swimming	1.4	1.8	2.8	3.5	2.1	1.9	13.6	60.8	32
Table tennis	*0.1	*0.1	*0.1	*0.1	*0.1	*0.1	0.5	59.1	25
Tennis	1.4	1.2	1.1	2.1	0.7	0.3	6.8	38.3	25
Tenpin bowling	*0.2	*0.1	*0	0.3	*0.1	*0	0.7	41.9	45
Touch football	0.3	0.4	0.7	0.5	0.4	*0.1	2.4	40.1	25
Triathlon	0.2	**0	**0	**0	**0	**0	0.3	47.2	8
Volleyball	0.2	0.2	0.3	0.3	*0.1	*0.1	1.2	35.3	20
Walking (bush)	1.7	1.0	0.6	0.7	0.3	0.5	4.7	42.7	12
Walking (other)	0.8	0.7	1.5	5.0	6.4	21.8	36.2	184.1	156
Water polo	—	*0.1	*0	**0	**0	*0.1	0.2	109.4	24
Waterskiing/powerboating	0.2	0.3	0.3	*0.1	**0	**0	0.9	15.8	12
Weight training	*0.2	*0.1	0.3	0.5	0.7	1.3	3.1	119.8	104
Yoga	0.2	0.3	0.3	1.3	0.4	0.4	2.9	68.2	52

(a) Number of times persons undertook the activity, including practice and training, during the 12 months prior to interview in 2006.

* 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: Physical activity for exercise, recreation and sport — type of participation by age and sex, 2006

		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)
Sex	Age group (years)	Number ('000)					
Males	15 to 24	393.4	410.7	550.1	943.5	960.8	1,354.2
	25 to 34	206.3	575.2	445.6	651.9	1,020.9	1,227.1
	35 to 44	191.1	600.6	434.3	625.4	1,034.9	1,226.0
	45 to 54	117.6	641.2	339.6	457.1	980.8	1,098.3
	55 to 64	97.5	521.7	231.3	328.8	753.0	850.5
	65 and over	147.0	497.6	184.4	331.4	682.1	829.1
	TOTAL		1,152.8	3,247.1	2,185.3	3,338.1	5,432.4
Females	15 to 24	393.4	374.3	460.3	853.7	834.6	1,228.0
	25 to 34	157.0	628.0	374.9	531.9	1,003.0	1,160.0
	35 to 44	151.8	720.8	401.0	552.8	1,121.8	1,273.6
	45 to 54	98.6	759.3	333.6	432.2	1,092.9	1,191.5
	55 to 64	88.1	558.6	266.9	355.0	825.4	913.5
	65 and over	182.6	585.6	236.6	419.2	822.2	1,004.8
	TOTAL		1,071.5	3,626.6	2,073.3	3,144.8	5,699.9
Persons	15 to 24	786.8	785.0	1,010.3	1,797.2	1,795.3	2,582.2
	25 to 34	363.3	1,203.3	820.5	1,183.8	2,023.8	2,387.1
	35 to 44	342.9	1,321.4	835.3	1,178.2	2,156.7	2,499.7
	45 to 54	216.1	1,400.5	673.2	889.3	2,073.7	2,289.8
	55 to 64	185.6	1,080.3	498.1	683.7	1,578.5	1,764.1
	65 and over	329.6	1,083.2	421.1	750.7	1,504.3	1,833.9
	TOTAL		2,224.3	6,873.8	4,258.6	6,482.9	11,132.3
		Participation rate (%)					
Males	15 to 24	26.8	28.0	37.5	64.4	65.5	92.4
	25 to 34	14.4	40.0	31.0	45.4	71.0	85.4
	35 to 44	12.7	39.9	28.8	41.5	68.7	81.4
	45 to 54	8.4	45.7	24.2	32.6	70.0	78.3
	55 to 64	8.5	45.5	20.2	28.7	65.6	74.1
	65 and over	12.1	40.8	15.1	27.2	56.0	68.0
	TOTAL		14.1	39.7	26.7	40.8	66.4
Females	15 to 24	28.1	26.7	32.8	60.9	59.5	87.6
	25 to 34	10.9	43.7	26.1	37.0	69.7	80.6
	35 to 44	10.0	47.3	26.3	36.3	73.6	83.6
	45 to 54	6.9	53.0	23.3	30.1	76.2	83.1
	55 to 64	7.8	49.7	23.8	31.6	73.5	81.3
	65 and over	12.3	39.3	15.9	28.1	55.2	67.4
	TOTAL		12.7	43.1	24.6	37.4	67.8
Persons	15 to 24	27.4	27.4	35.2	62.7	62.6	90.0
	25 to 34	12.6	41.8	28.5	41.2	70.4	83.0
	35 to 44	11.3	43.6	27.6	38.9	71.2	82.5
	45 to 54	7.6	49.4	23.7	31.4	73.1	80.8
	55 to 64	8.2	47.6	21.9	30.1	69.5	77.7
	65 and over	12.2	40.0	15.5	27.7	55.5	67.7
	TOTAL		13.4	41.4	25.7	39.1	67.1

Table 21: All participants in organised physical activity — average frequency of participation, 2006 (a)

Sex	Age group (years)	Number of weekly sessions of activity (median)	Number of weekly sessions of activity (mean)	Mean number of different activities (for those that participate in any activity)
Males	15 to 24	2.0	2.9	2.0
	25 to 34	1.1	1.8	1.5
	35 to 44	1.0	1.5	1.4
	45 to 54	1.0	1.6	1.3
	55 to 64	1.0	1.5	1.2
	65 and over	2.0	2.0	1.2
	TOTAL	1.3	2.0	1.5
Females	15 to 24	1.5	2.4	1.9
	25 to 34	1.1	1.9	1.4
	35 to 44	1.1	2.0	1.3
	45 to 54	1.9	2.0	1.3
	55 to 64	1.5	1.9	1.3
	65 and over	1.9	2.0	1.3
	TOTAL	1.5	2.1	1.5
Persons	15 to 24	2.0	2.6	1.9
	25 to 34	1.1	1.8	1.4
	35 to 44	1.0	1.7	1.4
	45 to 54	1.0	1.8	1.3
	55 to 64	1.1	1.7	1.3
	65 and over	1.9	2.0	1.2
	TOTAL	1.4	2.0	1.5

(a) Relates to all persons aged 15 years and over who participated in organised physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2006

Table 22: All participants — duration of organised and non-organised participation, 2006 (a)

		Total organised (b)	Total non-organised (b)	Total (c)
		Number ('000)		
Five hours or more	More than three sessions weekly	1,506.6	2,476.0	2,858.8
	Two or three sessions weekly	398.7	254.9	511.9
	Less than two sessions weekly	93.0	58.9	131.4
	<i>Total</i>	<i>1,998.2</i>	<i>2,789.8</i>	<i>3,502.2</i>
Two hours or more but less than five hours	More than three sessions weekly	589.4	2,072.4	2,191.5
	Two or three sessions weekly	693.3	1,082.5	1,455.2
	Less than two sessions weekly	377.2	390.6	659.7
	<i>Total</i>	<i>1,660.0</i>	<i>3,545.5</i>	<i>4,306.3</i>
Less than two hours	More than three sessions weekly	31.2	232.5	250.0
	Two or three sessions weekly	199.4	942.3	1,020.5
	Less than two sessions weekly	639.5	1,655.9	2,167.9
	<i>Total</i>	<i>870.1</i>	<i>2,830.6</i>	<i>3,438.3</i>
Total	More than three sessions weekly	2,127.2	4,780.9	5,300.3
	Two or three sessions weekly	1,291.4	2,279.6	2,987.5
	Less than two sessions weekly	1,109.8	2,105.5	2,959.0
	Total	4,528.3	9,166.0	11,246.8
		Participation rate (%)		
Five hours or more	More than three sessions weekly	13.4	22.0	25.4
	Two or three sessions weekly	3.5	2.3	4.6
	Less than two sessions weekly	0.8	0.5	1.2
	<i>Total</i>	<i>17.8</i>	<i>24.8</i>	<i>31.1</i>
Two hours or more but less than five hours	More than three sessions weekly	5.2	18.4	19.5
	Two or three sessions weekly	6.2	9.6	12.9
	Less than two sessions weekly	3.4	3.5	5.9
	<i>Total</i>	<i>14.8</i>	<i>31.5</i>	<i>38.3</i>
Less than two hours	More than three sessions weekly	0.3	2.1	2.2
	Two or three sessions weekly	1.8	8.4	9.1
	Less than two sessions weekly	5.7	14.7	19.3
	<i>Total</i>	<i>7.7</i>	<i>25.2</i>	<i>30.6</i>
Total	More than three sessions weekly	18.9	42.5	47.1
	Two or three sessions weekly	11.5	20.3	26.6
	Less than two sessions weekly	9.9	18.7	26.3
	Total	40.3	81.5	100.0

(a) Relates to persons aged 15 years and over who participated in one of their 'top three' physical activities for exercise, recreation and sport over a two-week period prior to interview in 2006. 'Top three' activities refer to the physical activities that respondents participated in most over the 12 months prior to interview

(b) Includes persons who reported participating in both organised and non-organised activity

(c) Components may not add to totals as persons may report both organised and non-organised activity

Table 23: Selected activities — type of participation, 2006 (a)

Activity	Number ('000)			Participation rate (%)		
	Total organised (a)	Total non-organised (a)	Total (b)	Total organised (a)	Total non-organised (a)	Total (b)
Aerobics/fitness	1,319.5	2,015.0	3,161.3	8.0	12.1	19.1
Aquarobics	158.8	79.6	227.6	1.0	0.5	1.4
Athletics/track and field	70.6	34.7	93.6	0.4	0.2	0.6
Australian football	347.2	112.5	445.8	2.1	0.7	2.7
Badminton	84.0	66.2	142.1	0.5	0.4	0.9
Baseball	31.7	*7.6	36.7	0.2	*0	0.2
Basketball	379.5	195.0	541.6	2.3	1.2	3.3
Billiards/snooker/pool	*12.6	*25.3	36.4	*0.1	*0.2	0.2
Boxing	62.9	52.9	113.3	0.4	0.3	0.7
Canoeing/kayaking	28.6	99.1	121.9	0.2	0.6	0.7
Carpet bowls	34.8	**6.2	40.9	0.2	**0	0.2
Cricket (indoor)	106.1	56.2	149.2	0.6	0.3	0.9
Cricket (outdoor)	395.9	159.6	524.4	2.4	1.0	3.2
Cycling	143.0	1,609.9	1,682.8	0.9	9.7	10.1
Dancing	313.3	123.3	399.3	1.9	0.7	2.4
Darts	*16.6	*7.1	*22.7	*0.1	*0	*0.1
Fishing	37.4	346.4	356.1	0.2	2.1	2.1
Football (indoor)	226.7	116.2	310.1	1.4	0.7	1.9
Football (outdoor)	442.7	308.8	697.4	2.7	1.9	4.2
Golf	628.5	651.5	1,132.0	3.8	3.9	6.8
Gymnastics	27.0	*14.2	40.7	0.2	*0.1	0.2
Hockey (indoor)	*24.6	**2.1	*26.3	*0.1	**0	*0.2
Hockey (outdoor)	149.2	*10.5	157.6	0.9	*0.1	1.0
Horse riding/equestrian activities/polocrosse	97.8	144.7	213.9	0.6	0.9	1.3
Ice/snow sports	31.5	156.1	177.7	0.2	0.9	1.1
Lawn bowls	326.9	42.1	350.5	2.0	0.3	2.1
Martial arts	261.2	55.8	305.8	1.6	0.3	1.8
Motor sports	93.6	145.6	207.0	0.6	0.9	1.2
Netball	516.1	124.4	593.9	3.1	0.7	3.6
Orienteering	44.1	30.8	74.9	0.3	0.2	0.5
Rock climbing	*25.0	65.3	80.3	*0.2	0.4	0.5
Roller sports	*17.2	90.8	99.7	*0.1	0.5	0.6
Rowing	53.0	*15.6	67.0	0.3	*0.1	0.4
Rugby league	161.4	64.0	209.8	1.0	0.4	1.3
Rugby union	143.2	*25.6	165.3	0.9	*0.2	1.0
Running	131.6	1,152.6	1,224.1	0.8	6.9	7.4
Sailing	53.7	55.5	90.5	0.3	0.3	0.5
Scuba diving	31.4	58.1	78.3	0.2	0.4	0.5
Shooting sports	28.9	58.0	82.8	0.2	0.3	0.5
Softball	38.2	*10.9	48.3	0.2	*0.1	0.3
Squash/racquetball	109.0	121.9	219.8	0.7	0.7	1.3
Surf sports	49.2	361.6	386.1	0.3	2.2	2.3
Swimming	315.8	2,005.4	2,256.9	1.9	12.1	13.6
Table tennis	*24.8	54.9	79.7	*0.1	0.3	0.5
Tennis	446.1	772.4	1,130.7	2.7	4.7	6.8
Tenpin bowling	76.4	46.3	116.7	0.5	0.3	0.7
Touch football	316.8	98.6	401.6	1.9	0.6	2.4
Triathlon	53.6	**4.5	55.3	0.3	**0	0.3
Volleyball	136.9	75.9	196.5	0.8	0.5	1.2
Walking (bush)	112.2	711.5	774.0	0.7	4.3	4.7
Walking (other)	169.4	5,910.1	6,001.7	1.0	35.6	36.2
Water polo	36.7	**0	36.7	0.2	**0	0.2
Waterskiing/powerboating	*11.2	137.8	142.2	*0.1	0.8	0.9
Weight training	166.8	365.4	509.4	1.0	2.2	3.1
Yoga	259.1	268.6	487.5	1.6	1.6	2.9

(a) Includes persons who reported participating in both organised and non-organised activity

(b) Components may not add to totals as persons may report both organised and non-organised activity

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

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

Table 24: Participation in organised activity — type of organisation by age and sex 2006 (a)

Sex	Age group (years)	Fitness, leisure or indoor sports centre	Sport or recreation club or association	Work	School	Other	Total organised participation (b)
		Number ('000)					
Males	15 to 24	303.2	689.7	*8.0	256.2	70.5	943.5
	25 to 34	225.2	495.6	*20.1	**3.7	57.5	651.9
	35 to 44	223.4	476.3	*21.3	*10.8	49.5	625.4
	45 to 54	136.7	332.4	*23.8	**3.6	42.3	457.1
	55 to 64	77.2	259.1	**5.4	—	38.9	328.8
	65 and over	74.5	266.0	**0.2	—	44.4	331.4
	TOTAL		1,040.1	2,519.1	78.7	274.3	303.1
Females	15 to 24	292.0	552.2	*12.3	277.0	52.0	853.7
	25 to 34	248.1	334.8	*20.5	**4.0	60.2	531.9
	35 to 44	242.0	352.4	*12.7	*11.9	48.6	552.8
	45 to 54	168.5	277.0	*10.5	**3.7	49.3	432.2
	55 to 64	142.3	220.6	**2.8	**1.5	68.8	355.0
	65 and over	138.4	242.3	—	—	115.2	419.2
	TOTAL		1,231.2	1,979.2	58.9	298.1	394.0
Persons	15 to 24	595.1	1,241.9	*20.4	533.3	122.4	1,797.2
	25 to 34	473.3	830.4	40.6	*7.7	117.7	1,183.8
	35 to 44	465.4	828.6	34.0	*22.6	98.1	1,178.2
	45 to 54	305.2	609.4	34.3	*7.3	91.6	889.3
	55 to 64	219.5	479.7	*8.2	**1.5	107.7	683.7
	65 and over	212.8	508.4	**0.2	—	159.6	750.7
	TOTAL		2,271.3	4,498.4	137.6	572.4	697.1
Participation rate (%)							
Males	15 to 24	20.7	47.1	*0.5	17.5	4.8	64.4
	25 to 34	15.7	34.5	*1.4	**0.3	4.0	45.4
	35 to 44	14.8	31.6	*1.4	*0.7	3.3	41.5
	45 to 54	9.8	23.7	*1.7	**0.3	3.0	32.6
	55 to 64	6.7	22.6	**0.5	—	3.4	28.7
	65 and over	6.1	21.8	**0	—	3.6	27.2
	TOTAL		12.7	30.8	1.0	3.4	3.7
Females	15 to 24	20.8	39.4	*0.9	19.8	3.7	60.9
	25 to 34	17.2	23.3	*1.4	**0.3	4.2	37.0
	35 to 44	15.9	23.1	*0.8	*0.8	3.2	36.3
	45 to 54	11.8	19.3	*0.7	**0.3	3.4	30.1
	55 to 64	12.7	19.6	**0.2	**0.1	6.1	31.6
	65 and over	9.3	16.3	—	—	7.7	28.1
	TOTAL		14.6	23.5	0.7	3.5	4.7
Persons	15 to 24	20.7	43.3	*0.7	18.6	4.3	62.7
	25 to 34	16.5	28.9	1.4	*0.3	4.1	41.2
	35 to 44	15.4	27.3	1.1	*0.7	3.2	38.9
	45 to 54	10.8	21.5	1.2	*0.3	3.2	31.4
	55 to 64	9.7	21.1	*0.4	**0.1	4.7	30.1
	65 and over	7.9	18.8	**0	—	5.9	27.7
	TOTAL		13.7	27.1	0.8	3.5	4.2

(a) 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 2006. These persons may also have participated in activities that were not organised

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

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

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

Table 25: All participants — sport and physical activities in fitness, leisure or indoor sports centres — states and territories, by age and sex, 2006

Sex	Age group (years)	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Number ('000)										
Males	15 to 24	4.7	119.4	5.0	34.3	13.2	3.3	83.1	40.2	303.2
	25 to 34	3.6	62.6	1.7	40.7	17.7	4.2	65.4	29.4	225.2
	35 to 44	2.8	54.9	2.6	46.0	24.7	3.2	69.2	20.0	223.4
	45 to 54	2.3	56.4	*1.4	*14.3	*8.3	3.0	38.1	12.9	136.7
	55 to 64	*1.1	28.9	*0.8	*6.7	*8.7	*1.3	*19.3	10.5	77.2
	65 and over	*1.3	*28.7	—	*12.8	*6.5	*1.9	*17.2	*6.2	74.5
	TOTAL	15.7	350.9	11.4	154.9	79.0	16.9	292.3	119.1	1,040.1
Females	15 to 24	5.9	116.5	3.3	40.7	16.7	5.9	63.5	39.4	292.0
	25 to 34	6.2	60.3	4.6	44.3	17.2	3.5	79.8	32.2	248.1
	35 to 44	2.8	83.6	3.0	29.5	20.5	3.6	68.1	30.8	242.0
	45 to 54	2.7	56.4	2.2	20.2	11.7	*2.3	52.2	20.8	168.5
	55 to 64	2.6	54.6	*0.8	*17.4	13.1	4.0	32.4	17.5	142.3
	65 and over	2.5	44.1	*0.6	*17.4	*8.3	*2.6	45.5	17.3	138.4
	TOTAL	22.8	415.5	14.5	169.5	87.5	21.8	341.6	158.2	1,231.2
Persons	15 to 24	10.6	235.9	8.3	75.0	29.9	9.2	146.6	79.6	595.1
	25 to 34	9.8	122.8	6.3	85.0	34.8	7.7	145.2	61.6	473.3
	35 to 44	5.7	138.5	5.6	75.5	45.2	6.8	137.3	50.8	465.4
	45 to 54	5.0	112.8	3.5	34.5	20.0	5.3	90.4	33.8	305.2
	55 to 64	3.8	83.5	1.5	24.0	21.8	5.2	51.6	28.0	219.5
	65 and over	3.7	72.8	*0.6	30.2	14.8	4.4	62.7	23.5	212.8
	TOTAL	38.5	766.3	25.9	324.3	166.4	38.6	633.9	277.2	2,271.3
Participation rate (%)										
Males	15 to 24	17.2	24.9	30.9	11.8	12.2	10.0	23.1	26.6	20.7
	25 to 34	13.9	12.8	9.8	14.7	17.8	15.5	18.1	20.9	15.7
	35 to 44	11.8	10.9	14.8	15.9	21.9	10.0	18.4	13.1	14.8
	45 to 54	10.4	12.1	*9.7	*5.3	*7.6	8.5	11.2	8.9	9.8
	55 to 64	*6.4	7.6	7.9	*2.9	*9.6	*4.2	*7.0	9.2	6.7
	65 and over	*8.7	*6.8	—	*5.6	*6.2	*5.8	*5.6	*5.6	6.1
	TOTAL	12.0	12.8	14.2	9.8	12.7	8.9	14.5	14.7	12.7
Females	15 to 24	22.5	25.5	23.9	14.7	16.5	18.6	18.2	27.3	20.8
	25 to 34	24.4	12.3	27.5	15.8	18.1	12.4	21.8	23.4	17.2
	35 to 44	11.5	16.7	19.5	9.9	18.4	10.3	17.7	20.2	15.9
	45 to 54	11.1	12.0	16.5	7.2	10.5	*6.4	14.8	14.1	11.8
	55 to 64	14.8	14.7	*10.1	*7.8	14.2	13.4	11.8	16.3	12.7
	65 and over	13.9	8.5	*14.0	*6.6	*6.3	*6.6	11.9	13.1	9.3
	TOTAL	16.7	14.8	20.3	10.5	13.6	10.9	16.2	19.2	14.6
Persons	15 to 24	19.8	25.2	27.6	13.2	14.3	14.2	20.6	26.9	20.7
	25 to 34	19.1	12.6	18.5	15.2	18.0	13.9	19.9	22.1	16.5
	35 to 44	11.6	13.8	17.0	12.8	20.1	10.1	18.1	16.7	15.4
	45 to 54	10.8	12.1	13.0	6.3	9.1	7.4	13.0	11.5	10.8
	55 to 64	10.6	11.1	8.8	5.3	11.9	8.8	9.4	12.7	9.7
	65 and over	11.5	7.8	*6.5	6.2	6.2	6.2	9.1	9.7	7.9
	TOTAL	14.4	13.8	17.1	10.1	13.1	9.9	15.4	17.0	13.7

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

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

Table 26: All participants — sport and physical activities in sport or recreation club or association — states and territories, by age and sex, 2006

Sex	Age group (years)	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Number ('000)										
Males	15 to 24	12.0	246.0	7.8	119.3	46.1	14.4	177.4	66.7	689.7
	25 to 34	10.0	166.2	5.8	102.5	37.3	9.3	109.0	55.5	495.6
	35 to 44	7.4	179.9	5.4	85.1	32.2	10.3	99.1	56.9	476.3
	45 to 54	6.1	142.7	3.9	59.1	23.0	7.8	66.5	23.4	332.4
	55 to 64	5.1	94.9	2.0	45.6	22.6	7.8	52.4	28.7	259.1
	65 and over	4.0	101.3	*0.7	38.1	25.8	5.6	69.7	20.8	266.0
	TOTAL	44.5	931.0	25.5	449.7	187.0	55.3	574.1	251.9	2,519.1
Females	15 to 24	8.2	160.6	5.3	113.4	44.2	13.4	154.7	52.3	552.2
	25 to 34	8.0	97.5	3.1	75.2	23.0	4.9	88.1	35.0	334.8
	35 to 44	4.4	120.3	3.7	58.4	24.8	6.1	92.7	41.9	352.4
	45 to 54	5.7	93.0	2.3	49.3	22.0	4.2	71.9	28.5	277.0
	55 to 64	3.5	81.9	*1.0	24.5	13.1	5.3	62.1	29.1	220.6
	65 and over	3.8	78.2	*0.8	33.3	20.3	6.7	74.3	24.8	242.3
	TOTAL	33.6	631.6	16.2	354.2	147.4	40.7	543.9	211.6	1,979.2
Persons	15 to 24	20.2	406.7	13.1	232.7	90.3	27.8	332.2	119.0	1,241.9
	25 to 34	18.0	263.7	8.9	177.7	60.3	14.3	197.1	90.4	830.4
	35 to 44	11.8	300.2	9.1	143.5	57.0	16.5	191.8	98.8	828.6
	45 to 54	11.8	235.7	6.2	108.4	45.1	12.0	138.3	51.9	609.4
	55 to 64	8.6	176.9	3.0	70.1	35.6	13.1	114.5	57.8	479.7
	65 and over	7.8	179.5	*1.5	71.4	46.1	12.4	144.0	45.6	508.4
	TOTAL	78.2	1,562.7	41.8	803.9	334.4	96.0	1,118.0	463.5	4,498.4
Participation rate (%)										
Males	15 to 24	44.1	51.4	48.5	41.0	42.7	43.4	49.2	44.1	47.1
	25 to 34	38.9	34.1	33.3	37.0	37.5	34.5	30.1	39.4	34.5
	35 to 44	30.9	35.7	30.9	29.4	28.6	31.8	26.4	37.5	31.6
	45 to 54	27.4	30.7	27.4	21.8	21.2	22.3	19.5	16.2	23.7
	55 to 64	28.8	25.0	20.1	19.7	24.9	26.1	19.1	25.3	22.6
	65 and over	27.9	24.1	*13.2	16.8	24.8	17.6	22.8	18.8	21.8
	TOTAL	34.0	34.0	31.9	28.3	30.0	29.2	28.5	31.0	30.8
Females	15 to 24	31.3	35.1	38.0	40.9	43.5	42.6	44.2	36.2	39.4
	25 to 34	31.4	19.9	18.7	26.8	24.2	17.5	24.0	25.4	23.3
	35 to 44	17.7	24.0	23.5	19.6	22.2	17.7	24.1	27.5	23.1
	45 to 54	23.6	19.8	17.7	17.7	19.8	11.6	20.4	19.3	19.3
	55 to 64	19.7	22.0	*13.5	11.0	14.2	18.0	22.6	27.1	19.6
	65 and over	21.2	15.1	*17.5	12.7	15.3	17.2	19.5	18.8	16.3
	TOTAL	24.6	22.5	22.7	21.9	22.9	20.5	25.8	25.7	23.5
Persons	15 to 24	37.8	43.4	43.6	41.0	43.1	43.0	46.8	40.2	43.3
	25 to 34	35.2	27.0	26.2	31.9	31.0	25.8	27.1	32.5	28.9
	35 to 44	24.2	29.9	27.4	24.4	25.4	24.5	25.3	32.5	27.3
	45 to 54	25.4	25.2	22.7	19.7	20.5	16.9	20.0	17.7	21.5
	55 to 64	24.2	23.5	17.2	15.4	19.5	22.0	20.9	26.1	21.1
	65 and over	24.2	19.1	15.2	14.6	19.5	17.4	21.0	18.8	18.8
	TOTAL	29.2	28.2	27.6	25.1	26.4	24.7	27.1	28.4	27.1

* 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 27: Participation in organised activity — states and territories by age and sex, 2006 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	16.3	301.0	11.2	173.7	65.9	19.3	248.2	107.8	943.5
	25 to 34	12.4	211.8	7.7	124.7	50.0	11.5	153.1	80.7	651.9
	35 to 44	9.5	220.5	7.2	112.7	47.2	13.0	145.7	69.6	625.4
	45 to 54	8.2	199.2	5.0	74.1	30.1	10.4	96.1	34.0	457.1
	55 to 64	6.2	122.5	2.5	52.7	27.9	8.8	70.1	38.0	328.8
	65 and over	5.3	118.1	*0.8	49.1	31.6	7.4	90.0	29.1	331.4
	TOTAL		57.9	1,173.1	34.5	587.1	252.6	70.6	803.1	359.1
Females	15 to 24	16.1	259.3	7.4	170.0	66.0	18.7	219.4	96.9	853.7
	25 to 34	12.7	135.9	7.5	112.2	36.0	8.1	159.8	59.7	531.9
	35 to 44	7.5	175.7	6.3	85.9	41.1	9.6	162.9	63.7	552.8
	45 to 54	8.3	151.9	4.1	65.1	34.3	6.3	111.0	51.3	432.2
	55 to 64	6.3	129.0	1.6	48.0	26.4	7.6	93.8	42.3	355.0
	65 and over	5.6	131.5	*1.4	60.7	35.5	11.2	131.1	42.2	419.2
	TOTAL		56.5	983.3	28.4	541.9	239.3	61.5	878.0	355.9
Persons	15 to 24	32.4	560.3	18.6	343.8	131.9	38.0	467.6	204.6	1,797.2
	25 to 34	25.1	347.7	15.2	236.9	86.0	19.6	312.9	140.3	1,183.8
	35 to 44	17.0	396.2	13.5	198.6	88.3	22.7	308.5	133.4	1,178.2
	45 to 54	16.5	351.1	9.1	139.2	64.4	16.7	207.0	85.3	889.3
	55 to 64	12.5	251.5	4.2	100.7	54.2	16.4	163.9	80.2	683.7
	65 and over	10.9	249.6	2.2	109.8	67.1	18.6	221.1	71.3	750.7
	TOTAL		114.4	2,156.4	62.9	1,129.0	492.0	132.0	1,681.1	715.1
		Participation rate (%)								
Males	15 to 24	60.2	62.8	70.1	59.7	61.1	58.0	68.9	71.3	64.4
	25 to 34	48.1	43.4	44.2	45.0	50.3	42.9	42.3	57.4	45.4
	35 to 44	39.7	43.7	40.9	38.9	41.9	40.2	38.9	45.9	41.5
	45 to 54	37.0	42.9	35.4	27.3	27.7	29.8	28.2	23.5	32.6
	55 to 64	35.2	32.2	26.0	22.8	30.7	29.5	25.6	33.4	28.7
	65 and over	36.5	28.1	*15.4	21.6	30.4	23.3	29.5	26.4	27.2
	TOTAL		44.2	42.9	43.0	37.0	40.5	37.2	39.8	44.2
Females	15 to 24	61.3	56.7	52.6	61.3	64.9	59.4	62.7	67.0	60.9
	25 to 34	50.0	27.8	45.0	40.0	38.0	28.6	43.6	43.3	37.0
	35 to 44	30.2	35.0	40.7	28.7	36.8	27.8	42.4	41.9	36.3
	45 to 54	34.0	32.3	31.2	23.4	30.7	17.5	31.5	34.7	30.1
	55 to 64	35.2	34.7	21.6	21.5	28.8	25.6	34.2	39.3	31.6
	65 and over	31.4	25.4	*31.6	23.1	26.8	28.7	34.3	31.9	28.1
	TOTAL		41.4	35.0	39.7	33.4	37.2	30.9	41.6	43.3
Persons	15 to 24	60.7	59.8	62.0	60.5	63.0	58.7	65.8	69.2	62.7
	25 to 34	49.1	35.6	44.6	42.5	44.3	35.6	43.0	50.4	41.2
	35 to 44	34.9	39.4	40.8	33.8	39.4	33.8	40.7	43.9	38.9
	45 to 54	35.5	37.5	33.4	25.3	29.2	23.5	29.9	29.2	31.4
	55 to 64	35.2	33.4	24.1	22.2	29.7	27.5	29.9	36.3	30.1
	65 and over	33.7	26.6	22.9	22.4	28.3	26.3	32.2	29.4	27.7
	TOTAL		42.7	38.9	41.5	35.2	38.8	34.0	40.7	43.8

(a) 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 2006. 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 28: All persons aged 15 years and over — frequency of participation, Australian Capital Territory, 2006

Sex	Age group (years)	None	Zero – once per week (a)	Once or twice per week (b)	Three or four times per week (c)	Five or more times per week	Total
		Number ('000)					
Males	15 to 24	2.9	3.8	8.5	5.5	6.4	27.1
	25 to 34	3.6	4.0	7.1	5.5	5.5	25.7
	35 to 44	3.3	2.6	6.3	5.1	6.5	23.9
	45 to 54	*2.0	4.6	5.6	3.6	6.4	22.1
	55 to 64	*2.0	3.0	4.0	4.4	4.4	17.7
	65 and over	2.8	*1.9	2.6	2.5	4.6	14.5
	TOTAL		16.6	20.0	34.1	26.6	33.8
Females	15 to 24	2.6	5.6	7.2	4.3	6.6	26.3
	25 to 34	2.3	2.9	6.2	7.3	6.7	25.4
	35 to 44	2.8	3.0	7.1	5.3	6.6	24.8
	45 to 54	3.2	*2.0	6.6	6.1	6.4	24.3
	55 to 64	2.1	*1.8	3.7	3.0	7.3	17.9
	65 and over	5.1	*1.6	3.8	3.0	4.4	17.9
	TOTAL	18.2	16.8	34.5	29.0	38.0	136.6
Persons	15 to 24	5.5	9.4	15.7	9.8	13.0	53.4
	25 to 34	5.9	7.0	13.3	12.8	12.2	51.1
	35 to 44	6.2	5.6	13.4	10.4	13.1	48.8
	45 to 54	5.2	6.6	12.2	9.7	12.8	46.4
	55 to 64	4.1	4.7	7.6	7.4	11.7	35.6
	65 and over	7.9	3.5	6.4	5.5	9.0	32.4
	TOTAL	34.8	36.8	68.7	55.6	71.8	267.7

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

		%	%	%	%	%	%
Males	15 to 24	10.8	14.0	31.2	20.4	23.7	100.0
	25 to 34	13.9	15.7	27.8	21.3	21.3	100.0
	35 to 44	14.0	11.0	26.5	21.3	27.2	100.0
	45 to 54	*8.9	20.7	25.2	16.3	28.9	100.0
	55 to 64	*11.2	16.8	22.4	24.8	24.8	100.0
	65 and over	19.2	*13.5	18.3	17.3	31.7	100.0
	TOTAL	12.6	15.3	26.0	20.3	25.8	100.0
Females	15 to 24	10.0	21.3	27.5	16.3	25.0	100.0
	25 to 34	9.0	11.5	24.4	28.8	26.3	100.0
	35 to 44	11.5	12.0	28.6	21.4	26.6	100.0
	45 to 54	13.2	*8.3	27.1	25.0	26.4	100.0
	55 to 64	12.0	*9.9	20.4	16.9	40.8	100.0
	65 and over	28.5	*8.8	21.2	16.8	24.8	100.0
	TOTAL	13.3	12.3	25.3	21.2	27.8	100.0
Persons	15 to 24	10.4	17.6	29.4	18.4	24.3	100.0
	25 to 34	11.4	13.7	26.1	25.1	23.8	100.0
	35 to 44	12.7	11.5	27.6	21.3	26.9	100.0
	45 to 54	11.1	14.3	26.2	20.8	27.6	100.0
	55 to 64	11.6	13.3	21.4	20.8	32.9	100.0
	65 and over	24.3	10.9	19.9	17.0	27.9	100.0
	TOTAL	13.0	13.8	25.7	20.8	26.8	100.0

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

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

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

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

Table 29: All persons aged 15 years and over — frequency of participation in organised activity, Australian Capital Territory, 2006

Sex	Age group (years)	None	Zero — once per week (a)	Once or twice per week (b)	Three or four times per week (c)	Five or more times per week	Total
		Number ('000)					
Males	15 to 24	10.8	4.7	6.4	2.9	2.3	27.1
	25 to 34	13.3	4.5	5.0	2.1	*0.7	25.7
	35 to 44	14.4	3.9	2.8	*1.8	*1.1	23.9
	45 to 54	13.9	4.3	2.3	*1.0	*0.7	22.1
	55 to 64	11.5	*1.7	3.4	*0.7	**0.4	17.7
	65 and over	9.2	2.5	*1.9	*0.6	**0.3	14.5
	TOTAL	73.2	21.5	21.9	9.1	5.5	131.1
Females	15 to 24	10.2	7.5	3.9	2.6	*2.0	26.3
	25 to 34	12.7	4.4	3.9	2.9	*1.5	25.4
	35 to 44	17.3	2.7	2.5	*1.7	*0.6	24.8
	45 to 54	16.0	3.0	3.0	*1.2	*1.0	24.3
	55 to 64	11.6	2.6	*2.0	*1.1	**0.5	17.9
	65 and over	12.3	2.1	3.0	*0.4	**0.1	17.9
	TOTAL	80.1	22.4	18.4	9.9	5.7	136.6
Persons	15 to 24	21.0	12.2	10.4	5.5	4.3	53.4
	25 to 34	26.0	8.9	8.9	5.1	2.2	51.1
	35 to 44	31.8	6.6	5.3	3.4	*1.7	48.8
	45 to 54	30.0	7.3	5.3	2.2	*1.7	46.4
	55 to 64	23.1	4.3	5.4	*1.8	*0.9	35.6
	65 and over	21.5	4.6	5.0	*0.9	**0.4	32.4
	TOTAL	153.2	44.0	40.2	19.0	11.2	267.7

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

Males	15 to 24	39.8	17.2	23.7	10.8	8.6	100.0
	25 to 34	51.9	17.6	19.4	8.3	*2.8	100.0
	35 to 44	60.3	16.2	11.8	*7.4	*4.4	100.0
	45 to 54	63.0	19.3	10.4	*4.4	*3.0	100.0
	55 to 64	64.8	*9.6	19.2	*4.0	**2.4	100.0
	65 and over	63.5	17.3	*13.5	*3.8	**1.9	100.0
	TOTAL	55.8	16.4	16.7	6.9	4.2	100.0
Females	15 to 24	38.8	28.8	15.0	10.0	*7.5	100.0
	25 to 34	50.0	17.3	15.4	11.5	*5.8	100.0
	35 to 44	69.8	10.9	9.9	*6.8	*2.6	100.0
	45 to 54	66.0	12.5	12.5	*4.9	*4.2	100.0
	55 to 64	64.8	14.8	*11.3	*6.3	**2.8	100.0
	65 and over	68.6	11.7	16.8	*2.2	**0.7	100.0
	TOTAL	58.6	16.4	13.4	7.3	4.2	100.0
Persons	15 to 24	39.3	22.9	19.4	10.4	8.1	100.0
	25 to 34	50.9	17.5	17.4	9.9	4.3	100.0
	35 to 44	65.1	13.5	10.8	7.1	*3.5	100.0
	45 to 54	64.5	15.7	11.5	4.7	*3.6	100.0
	55 to 64	64.8	12.2	15.2	*5.2	*2.6	100.0
	65 and over	66.3	14.2	15.3	*2.9	**1.3	100.0
	TOTAL	57.3	16.4	15.0	7.1	4.2	100.0

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

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

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

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

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

Table 30: All persons aged 15 years and over — frequency of participation, New South Wales, 2006

Sex	Age group (years)	None	Zero – once	Once or twice	Three or four	Five or more	Total
			per week (a)	per week (b)	times per week (c)	times per week	
		Number ('000)					
Males	15 to 24	33.3	59.3	167.2	101.3	117.9	479.0
	25 to 34	77.3	106.1	141.9	91.9	70.4	487.6
	35 to 44	99.5	111.4	118.7	94.6	79.8	504.0
	45 to 54	74.2	64.2	104.7	107.0	114.8	464.8
	55 to 64	103.3	76.3	79.0	35.2	86.7	380.5
	65 and over	146.1	*27.1	61.0	61.3	125.0	420.5
	TOTAL		533.7	444.5	672.3	491.2	594.7
Females	15 to 24	63.3	47.7	154.7	89.2	102.6	457.5
	25 to 34	142.5	81.8	107.7	66.3	90.7	488.9
	35 to 44	79.2	77.2	91.1	111.3	142.8	501.7
	45 to 54	71.9	50.3	101.1	112.4	135.1	470.8
	55 to 64	65.0	35.7	95.8	57.1	118.1	371.6
	65 and over	186.7	38.8	106.4	75.5	110.9	518.4
	TOTAL		608.5	331.6	656.8	511.9	700.2
Persons	15 to 24	96.6	107.0	321.9	190.5	220.5	936.5
	25 to 34	219.8	188.0	249.5	158.1	161.1	976.5
	35 to 44	178.6	188.7	209.8	205.9	222.6	1,005.6
	45 to 54	146.1	114.5	205.8	219.4	249.9	935.6
	55 to 64	168.3	112.0	174.7	92.3	204.8	752.1
	65 and over	332.8	65.9	167.4	136.9	235.9	939.0
	TOTAL		1,142.2	776.0	1,329.1	1,003.1	1,294.9

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

Males	15 to 24	6.9	12.4	34.9	21.1	24.6	100.0
	25 to 34	15.9	21.8	29.1	18.8	14.4	100.0
	35 to 44	19.7	22.1	23.5	18.8	15.8	100.0
	45 to 54	16.0	13.8	22.5	23.0	24.7	100.0
	55 to 64	27.2	20.1	20.7	9.3	22.8	100.0
	65 and over	34.7	*6.4	14.5	14.6	29.7	100.0
	TOTAL		19.5	16.2	24.6	18.0	21.7
Females	15 to 24	13.8	10.4	33.8	19.5	22.4	100.0
	25 to 34	29.1	16.7	22.0	13.6	18.5	100.0
	35 to 44	15.8	15.4	18.2	22.2	28.5	100.0
	45 to 54	15.3	10.7	21.5	23.9	28.7	100.0
	55 to 64	17.5	9.6	25.8	15.4	31.8	100.0
	65 and over	36.0	7.5	20.5	14.6	21.4	100.0
	TOTAL		21.7	11.8	23.4	18.2	24.9
Persons	15 to 24	10.3	11.4	34.4	20.3	23.5	100.0
	25 to 34	22.5	19.2	25.6	16.2	16.5	100.0
	35 to 44	17.8	18.8	20.9	20.5	22.1	100.0
	45 to 54	15.6	12.2	22.0	23.5	26.7	100.0
	55 to 64	22.4	14.9	23.2	12.3	27.2	100.0
	65 and over	35.4	7.0	17.8	14.6	25.1	100.0
	TOTAL		20.6	14.0	24.0	18.1	23.4

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

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

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

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

Table 31: All persons aged 15 years and over — frequency of participation in organised activity, New South Wales, 2006

Sex	Age group (years)	None	Zero – once per week (a)	Once or twice per week (b)	Three or four times per week (c)	Five or more times per week	Total
		Number ('000)					
Males	15 to 24	178.0	80.3	112.2	57.2	51.4	479.0
	25 to 34	275.8	84.7	88.7	*28.6	*9.9	487.6
	35 to 44	283.5	108.1	92.8	*11.6	**8.0	504.0
	45 to 54	265.6	94.7	64.3	34.3	**5.9	464.8
	55 to 64	258.0	54.6	51.9	*16.0	—	380.5
	65 and over	302.4	32.7	49.8	*24.7	*10.9	420.5
	TOTAL	1,563.3	455.0	459.7	172.4	86.1	2,736.4
Females	15 to 24	198.2	76.7	120.4	36.3	*25.9	457.5
	25 to 34	353.0	51.2	64.8	*13.9	**6.0	488.9
	35 to 44	325.9	56.3	70.5	31.2	*17.7	501.7
	45 to 54	319.0	48.6	67.8	*28.5	**7.0	470.8
	55 to 64	242.6	44.9	58.7	*18.2	**7.1	371.6
	65 and over	386.9	32.2	67.1	*17.7	*14.5	518.4
	TOTAL	1,825.6	309.9	449.3	145.8	78.3	2,808.9
Persons	15 to 24	376.2	157.0	232.6	93.4	77.3	936.5
	25 to 34	628.8	135.9	153.5	42.5	*15.9	976.5
	35 to 44	609.4	164.4	163.3	42.7	*25.7	1,005.6
	45 to 54	584.6	143.2	132.1	62.9	*12.9	935.6
	55 to 64	500.6	99.5	110.7	34.2	**7.1	752.1
	65 and over	689.3	64.9	116.9	42.4	*25.4	939.0
	TOTAL	3,388.9	764.9	909.0	318.1	164.3	5,545.3

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

Males	15 to 24	37.2	16.8	23.4	11.9	10.7	100.0
	25 to 34	56.6	17.4	18.2	*5.9	*2.0	100.0
	35 to 44	56.3	21.4	18.4	*2.3	**1.6	100.0
	45 to 54	57.1	20.4	13.8	7.4	**1.3	100.0
	55 to 64	67.8	14.3	13.7	*4.2	—	100.0
	65 and over	71.9	7.8	11.9	*5.9	*2.6	100.0
	TOTAL	57.1	16.6	16.8	6.3	3.1	100.0
Females	15 to 24	43.3	16.8	26.3	7.9	*5.7	100.0
	25 to 34	72.2	10.5	13.3	*2.8	**1.2	100.0
	35 to 44	65.0	11.2	14.1	6.2	*3.5	100.0
	45 to 54	67.7	10.3	14.4	*6.1	**1.5	100.0
	55 to 64	65.3	12.1	15.8	*4.9	**1.9	100.0
	65 and over	74.6	6.2	12.9	*3.4	*2.8	100.0
	TOTAL	65.0	11.0	16.0	5.2	2.8	100.0
Persons	15 to 24	40.2	16.8	24.8	10.0	8.3	100.0
	25 to 34	64.4	13.9	15.7	4.4	*1.6	100.0
	35 to 44	60.6	16.3	16.2	4.2	*2.6	100.0
	45 to 54	62.5	15.3	14.1	6.7	*1.4	100.0
	55 to 64	66.6	13.2	14.7	4.5	**1.0	100.0
	65 and over	73.4	6.9	12.5	4.5	*2.7	100.0
	TOTAL	61.1	13.8	16.4	5.7	3.0	100.0

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

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

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

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

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

Table 32: All persons aged 15 years and over — frequency of participation, Northern Territory, 2006

		None	Zero — once per week (a)	Once or twice per week (b)	Three or four times per week (c)	Five or more times per week	Total
Sex	Age group (years)	Number ('000)					
Males	15 to 24	*1.3	2.6	5.5	3.1	3.5	16.0
	25 to 34	4.4	2.2	4.3	2.8	3.6	17.4
	35 to 44	3.1	4.3	2.7	3.3	4.2	17.6
	45 to 54	3.9	1.8	3.3	1.8	3.4	14.2
	55 to 64	2.2	*0.9	1.7	*1.4	3.5	9.7
	65 and over	2.3	**0.1	*0.7	*0.5	1.6	5.2
	TOTAL		17.3	12.1	18.1	12.9	19.8
Females	15 to 24	3.1	3.0	*1.5	3.0	3.3	14.0
	25 to 34	2.0	1.6	3.3	3.5	6.3	16.7
	35 to 44	2.4	*1.5	3.8	2.9	5.0	15.5
	45 to 54	3.0	1.6	2.1	2.8	3.6	13.2
	55 to 64	2.2	*0.8	*1.1	1.7	1.8	7.6
	65 and over	*1.3	**0.4	*0.8	*0.7	*1.3	4.5
	TOTAL		14.1	8.9	12.7	14.6	21.3
Persons	15 to 24	4.5	5.7	7.0	6.2	6.8	30.0
	25 to 34	6.4	3.8	7.6	6.3	9.9	34.1
	35 to 44	5.5	5.8	6.5	6.2	9.2	33.1
	45 to 54	6.9	3.4	5.4	4.6	7.0	27.4
	55 to 64	4.3	1.7	2.8	3.1	5.3	17.3
	65 and over	3.6	*0.5	*1.5	*1.2	2.8	9.7
	TOTAL		31.3	21.0	30.8	27.5	41.1
Proportion of each demographic group within each category (row %)							
Males	15 to 24	*8.2	16.5	34.0	19.6	21.7	100.0
	25 to 34	25.6	12.9	24.7	16.1	20.6	100.0
	35 to 44	17.7	24.6	15.0	18.7	24.0	100.0
	45 to 54	27.6	12.8	23.1	12.8	23.7	100.0
	55 to 64	22.3	*9.4	17.7	*14.3	36.4	100.0
	65 and over	44.1	**2.5	*14.0	*9.0	30.4	100.0
	TOTAL		21.5	15.1	22.6	16.1	24.7
Females	15 to 24	22.5	21.6	*10.8	21.6	23.5	100.0
	25 to 34	11.9	9.6	19.9	20.7	37.9	100.0
	35 to 44	15.4	*9.5	24.6	18.6	32.0	100.0
	45 to 54	22.9	12.4	15.9	21.2	27.6	100.0
	55 to 64	28.7	*10.3	*14.7	22.4	23.8	100.0
	65 and over	*29.8	**8.8	*17.6	*15.8	*28.1	100.0
	TOTAL		19.7	12.5	17.7	20.4	29.8
Persons	15 to 24	14.9	18.9	23.2	20.5	22.5	100.0
	25 to 34	18.9	11.3	22.3	18.4	29.1	100.0
	35 to 44	16.6	17.5	19.5	18.7	27.7	100.0
	45 to 54	25.3	12.6	19.6	16.8	25.6	100.0
	55 to 64	25.1	9.8	16.4	17.8	30.9	100.0
	65 and over	37.5	*5.4	*15.6	*12.1	29.3	100.0
	TOTAL		20.7	13.8	20.3	18.1	27.1

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

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

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

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

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

Table 33: All persons aged 15 years and over — frequency of participation in organised activity, Northern Territory, 2006

Sex	Age group (years)	None	Zero — once	Once or twice	Three or four	Five or more	Total
			per week (a)	per week (b)	times per week (c)	times per week	
		Number ('000)					
Males	15 to 24	4.8	4.0	3.0	2.5	1.8	16.0
	25 to 34	9.7	3.8	2.2	*0.7	*0.9	17.4
	35 to 44	10.4	3.5	2.3	*0.8	*0.6	17.6
	45 to 54	9.2	2.4	2.3	**0.2	**0.1	14.2
	55 to 64	7.2	*0.9	*1.0	*0.6	**0.1	9.7
	65 and over	4.4	—	*0.6	**0.1	**0.1	5.2
	TOTAL		45.6	14.5	11.3	5.0	3.6
Females	15 to 24	6.6	2.2	2.4	*1.5	*1.3	14.0
	25 to 34	9.2	2.5	3.1	1.7	**0.3	16.7
	35 to 44	9.2	2.6	2.8	*0.5	**0.4	15.5
	45 to 54	9.1	1.6	1.9	*0.6	**0.1	13.2
	55 to 64	5.9	*0.6	*0.7	**0.3	**0.1	7.6
	65 and over	3.1	*0.5	**0.3	*0.5	**0.2	4.5
	TOTAL		43.1	9.9	11.1	5.1	2.3
Persons	15 to 24	11.4	6.2	5.3	4.0	3.1	30.0
	25 to 34	18.9	6.3	5.3	2.4	*1.2	34.1
	35 to 44	19.6	6.1	5.1	*1.4	*0.9	33.1
	45 to 54	18.2	4.0	4.2	*0.8	**0.2	27.4
	55 to 64	13.1	*1.4	1.7	*0.9	**0.2	17.3
	65 and over	7.5	*0.5	*0.9	*0.6	**0.3	9.7
	TOTAL		88.8	24.5	22.5	10.1	5.9

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

Males	15 to 24	29.9	24.7	18.6	15.5	11.3	100.0
	25 to 34	55.8	22.0	12.7	*4.3	*5.2	100.0
	35 to 44	59.1	19.8	13.2	*4.8	*3.2	100.0
	45 to 54	64.6	16.9	16.2	**1.5	**0.8	100.0
	55 to 64	74.0	*8.9	*9.8	*6.4	**1.0	100.0
	65 and over	84.6	—	*11.1	**2.1	**2.1	100.0
	TOTAL	57.0	18.1	14.1	6.3	4.5	100.0
Females	15 to 24	47.4	15.7	16.9	*10.6	*9.4	100.0
	25 to 34	55.0	15.2	18.3	10.0	**1.6	100.0
	35 to 44	59.3	16.8	18.1	*3.4	**2.4	100.0
	45 to 54	68.8	11.8	14.1	*4.7	**0.6	100.0
	55 to 64	78.4	*7.4	*9.3	**3.9	**1.0	100.0
	65 and over	68.4	*10.5	**7.0	*10.5	**3.5	100.0
	TOTAL	60.3	13.9	15.6	7.1	3.2	100.0
Persons	15 to 24	38.0	20.5	17.8	13.2	10.4	100.0
	25 to 34	55.4	18.6	15.4	7.1	*3.4	100.0
	35 to 44	59.2	18.4	15.5	*4.1	*2.8	100.0
	45 to 54	66.6	14.5	15.2	*3.1	**0.7	100.0
	55 to 64	75.9	*8.2	9.6	*5.3	**1.0	100.0
	65 and over	77.1	*4.9	*9.2	*6.0	**2.8	100.0
	TOTAL	58.5	16.1	14.8	6.7	3.9	100.0

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

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

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

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

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

Table 34: All persons aged 15 years and over — frequency of participation, Queensland, 2006

Sex	Age group (years)	None	Zero – once	Once or twice	Three or four	Five or more	Total
			per week (a)	per week (b)	times per week (c)	times per week	
		Number ('000)					
Males	15 to 24	26.9	61.3	68.1	44.9	89.8	291.0
	25 to 34	49.0	67.0	78.3	39.1	43.8	277.2
	35 to 44	52.9	62.1	66.7	66.7	41.4	289.8
	45 to 54	56.8	65.3	54.2	41.1	54.0	271.3
	55 to 64	56.8	34.8	48.2	47.6	43.5	230.9
	65 and over	78.7	25.4	30.8	27.0	65.2	227.1
	TOTAL		321.1	315.9	346.2	266.4	337.7
Females	15 to 24	25.7	52.9	62.7	56.4	79.7	277.3
	25 to 34	38.3	54.1	58.1	70.2	59.6	280.2
	35 to 44	68.3	37.9	56.1	64.6	71.9	298.8
	45 to 54	60.9	26.6	51.4	60.7	78.7	278.4
	55 to 64	56.5	*21.0	32.0	42.0	71.4	222.8
	65 and over	89.6	22.2	48.9	33.4	69.1	263.2
	TOTAL		339.2	214.7	309.2	327.4	430.4
Persons	15 to 24	79.5	52.3	189.3	99.5	134.7	555.3
	25 to 34	75.4	122.7	143.1	113.9	125.4	580.4
	35 to 44	95.7	114.6	132.4	102.9	137.2	582.8
	45 to 54	120.4	60.7	146.4	86.0	128.5	542.0
	55 to 64	107.3	69.0	84.7	61.5	105.2	427.6
	65 and over	116.2	39.6	90.7	52.2	124.5	423.2
	TOTAL		594.6	458.8	786.5	516.0	755.5

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

Males	15 to 24	9.3	21.1	23.4	15.4	30.9	100.0
	25 to 34	17.7	24.2	28.2	14.1	15.8	100.0
	35 to 44	18.2	21.4	23.0	23.0	14.3	100.0
	45 to 54	20.9	24.1	20.0	15.1	19.9	100.0
	55 to 64	24.6	15.1	20.9	20.6	18.8	100.0
	65 and over	34.7	11.2	13.6	11.9	28.7	100.0
	TOTAL		20.2	19.9	21.8	16.8	21.3
Females	15 to 24	9.3	19.1	22.6	20.3	28.7	100.0
	25 to 34	13.7	19.3	20.7	25.0	21.3	100.0
	35 to 44	22.9	12.7	18.8	21.6	24.1	100.0
	45 to 54	21.9	9.6	18.5	21.8	28.3	100.0
	55 to 64	25.3	*9.4	14.4	18.8	32.0	100.0
	65 and over	34.0	8.5	18.6	12.7	26.3	100.0
	TOTAL		20.9	13.2	19.1	20.2	26.6
Persons	15 to 24	9.3	20.1	23.0	17.8	29.8	100.0
	25 to 34	15.7	21.7	24.5	19.6	18.6	100.0
	35 to 44	20.6	17.0	20.9	22.3	19.3	100.0
	45 to 54	21.4	16.7	19.2	18.5	24.1	100.0
	55 to 64	25.0	12.3	17.7	19.7	25.3	100.0
	65 and over	34.3	9.7	16.2	12.3	27.4	100.0
	TOTAL		20.6	16.5	20.4	18.5	23.9

(a) More than zero and less than once per week.

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

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

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

Table 35: All persons aged 15 years and over — frequency of participation in organised activity, Queensland, 2006

Sex	Age group (years)	None	Zero — once per week (a)	Once or twice per week (b)	Three or four times per week (c)	Five or more times per week	Total
		Number ('000)					
Males	15 to 24	117.2	51.2	42.2	22.2	58.1	291.0
	25 to 34	152.6	54.0	48.7	*14.7	*7.3	277.2
	35 to 44	177.0	52.9	32.2	*18.4	*9.2	289.8
	45 to 54	197.2	36.0	*20.5	*13.8	**3.7	271.3
	55 to 64	178.2	25.6	*21.5	**5.6	—	230.9
	65 and over	178.0	*16.3	27.3	*5.5	—	227.1
	TOTAL	1,000.3	236.1	192.4	80.2	78.3	1,587.3
Females	15 to 24	107.3	53.1	50.1	22.2	44.6	277.3
	25 to 34	168.0	57.8	32.1	*16.5	**5.8	280.2
	35 to 44	212.9	30.4	38.9	*16.6	—	298.8
	45 to 54	213.3	26.9	24.8	*10.4	**3.1	278.4
	55 to 64	174.8	*11.0	24.5	*7.5	**4.9	222.8
	65 and over	202.5	*11.3	35.0	*7.3	*7.2	263.2
	TOTAL	1,078.9	190.6	205.3	80.4	65.6	1,620.8
Persons	15 to 24	224.6	104.3	92.3	44.4	102.7	568.3
	25 to 34	320.6	111.9	80.8	31.2	*13.0	557.5
	35 to 44	389.9	83.3	71.1	35.0	*9.2	588.6
	45 to 54	410.5	62.9	45.3	24.2	*6.8	549.7
	55 to 64	353.0	36.6	46.0	*13.1	**4.9	453.7
	65 and over	380.5	27.6	62.2	*12.8	*7.2	490.3
	TOTAL	2,079.2	426.7	397.8	160.7	143.9	3,208.2
Proportion of each demographic group within each category (row %)							
Males	15 to 24	40.3	17.6	14.5	7.6	20.0	100.0
	25 to 34	55.0	19.5	17.6	*5.3	*2.6	100.0
	35 to 44	61.1	18.3	11.1	*6.4	*3.2	100.0
	45 to 54	72.7	13.3	*7.6	*5.1	**1.4	100.0
	55 to 64	77.2	11.1	*9.3	**2.4	—	100.0
	65 and over	78.4	*7.2	12.0	**2.4	—	100.0
	TOTAL	63.0	14.9	12.1	5.1	4.9	100.0
Females	15 to 24	38.7	19.2	18.1	8.0	16.1	100.0
	25 to 34	60.0	20.6	11.4	*5.9	**2.1	100.0
	35 to 44	71.3	10.2	13.0	*5.6	—	100.0
	45 to 54	76.6	9.7	8.9	*3.7	**1.1	100.0
	55 to 64	78.5	*5.0	11.0	*3.4	**2.2	100.0
	65 and over	76.9	*4.3	13.3	*2.8	*2.7	100.0
	TOTAL	66.6	11.8	12.7	5.0	4.0	100.0
Persons	15 to 24	39.5	18.4	16.2	7.8	18.1	100.0
	25 to 34	57.5	20.1	14.5	5.6	*2.3	100.0
	35 to 44	66.2	14.2	12.1	5.9	*1.6	100.0
	45 to 54	74.7	11.4	8.2	4.4	*1.2	100.0
	55 to 64	77.8	8.1	10.1	*2.9	**1.1	100.0
	65 and over	77.6	5.6	12.7	*2.6	*1.5	100.0
	TOTAL	64.8	13.3	12.4	5.0	4.5	100.0

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

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

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

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

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

Table 36: All persons aged 15 years and over — frequency of participation, South Australia, 2006

		None	Zero — once per week (a)	Once or twice per week (b)	Three or four times per week (c)	Five or more times per week	Total
Sex	Age group (years)	Number ('000)					
Males	15 to 24	*8.7	23.2	44.4	14.9	16.7	107.8
	25 to 34	19.2	17.0	36.6	11.2	15.3	99.3
	35 to 44	17.2	24.6	31.1	23.6	16.1	112.6
	45 to 54	28.3	22.6	24.6	13.1	20.2	108.7
	55 to 64	20.8	16.8	19.1	15.6	18.3	90.7
	65 and over	27.6	10.5	23.9	14.1	28.0	104.1
	TOTAL		121.8	114.8	179.6	92.5	114.6
Females	15 to 24	16.4	17.7	25.3	25.5	16.7	101.7
	25 to 34	15.5	*8.9	27.1	22.3	20.9	94.8
	35 to 44	20.9	14.9	28.1	21.4	26.4	111.7
	45 to 54	18.9	16.6	24.6	23.9	27.6	111.6
	55 to 64	21.3	*8.1	18.1	19.3	25.0	91.7
	65 and over	42.3	13.3	24.0	22.5	30.5	132.6
	TOTAL		135.2	79.6	147.3	134.9	147.1
Persons	15 to 24	25.1	41.0	69.6	40.4	33.4	209.5
	25 to 34	34.6	25.9	63.8	33.5	36.3	194.1
	35 to 44	38.1	39.6	59.2	45.0	42.5	224.3
	45 to 54	47.2	39.2	49.2	36.9	47.7	220.3
	55 to 64	42.1	24.9	37.1	35.0	43.3	182.4
	65 and over	69.9	23.8	47.9	36.7	58.5	236.7
	TOTAL		257.0	194.3	326.8	227.4	261.7
Proportion of each demographic group within each category (row %)							
Males	15 to 24	*8.0	21.5	41.1	13.8	15.5	100.0
	25 to 34	19.3	17.1	36.9	11.3	15.4	100.0
	35 to 44	15.3	21.9	27.6	20.9	14.3	100.0
	45 to 54	26.0	20.8	22.6	12.0	18.5	100.0
	55 to 64	23.0	18.6	21.0	17.2	20.2	100.0
	65 and over	26.5	10.1	22.9	13.6	26.9	100.0
	TOTAL		19.5	18.4	28.8	14.8	18.4
Females	15 to 24	16.2	17.4	24.9	25.1	16.5	100.0
	25 to 34	16.3	*9.4	28.6	23.6	22.1	100.0
	35 to 44	18.7	13.4	25.2	19.1	23.6	100.0
	45 to 54	16.9	14.9	22.1	21.4	24.7	100.0
	55 to 64	23.2	*8.8	19.7	21.1	27.2	100.0
	65 and over	31.9	10.0	18.1	17.0	23.0	100.0
	TOTAL		21.0	12.4	22.9	20.9	22.8
Persons	15 to 24	12.0	19.6	33.2	19.3	15.9	100.0
	25 to 34	17.9	13.3	32.8	17.3	18.7	100.0
	35 to 44	17.0	17.6	26.4	20.0	18.9	100.0
	45 to 54	21.4	17.8	22.3	16.8	21.7	100.0
	55 to 64	23.1	13.7	20.4	19.2	23.7	100.0
	65 and over	29.5	10.0	20.2	15.5	24.7	100.0
	TOTAL		20.3	15.3	25.8	17.9	20.6

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

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

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

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

Table 37: All persons aged 15 years and over — frequency of participation in organised activity, South Australia, 2006

Sex	Age group (years)	None	Zero – once	Once or twice	Three or four	Five or more	Total
			per week (a)	per week (b)	times per week (c)	times per week	
		Number ('000)					
Males	15 to 24	42.0	20.5	25.6	10.1	9.7	107.8
	25 to 34	49.3	20.6	20.4	*5.0	*4.0	99.3
	35 to 44	65.4	26.8	16.1	*3.2	**1.1	112.6
	45 to 54	78.6	12.9	10.1	*5.1	**2.0	108.7
	55 to 64	62.8	13.4	12.0	**1.6	**0.8	90.7
	65 and over	72.5	*7.1	17.5	*4.9	**2.2	104.1
	TOTAL		370.6	101.2	101.7	29.9	19.8
Females	15 to 24	35.6	16.3	24.0	16.7	*9.0	101.7
	25 to 34	58.8	*8.6	16.5	*7.2	*3.8	94.8
	35 to 44	70.6	12.3	18.8	*6.4	*3.6	111.7
	45 to 54	77.3	11.8	10.9	*7.0	*4.6	111.6
	55 to 64	65.3	*7.4	12.9	*5.1	**0.9	91.7
	65 and over	97.1	12.1	17.3	*5.0	**1.0	132.6
	TOTAL		404.7	68.5	100.4	47.6	22.9
Persons	15 to 24	77.6	36.8	49.6	26.8	18.7	209.5
	25 to 34	108.1	29.1	36.9	12.2	*7.8	194.1
	35 to 44	136.0	39.1	34.8	9.6	*4.7	224.3
	45 to 54	155.8	24.7	21.0	12.2	*6.6	220.3
	55 to 64	128.2	20.8	24.9	*6.8	**1.7	182.4
	65 and over	169.6	19.2	34.7	9.9	*3.2	236.7
	TOTAL		775.3	169.8	202.1	77.5	42.7

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

Males	15 to 24	38.9	19.0	23.8	9.3	9.0	100.0
	25 to 34	49.7	20.7	20.6	*5.0	*4.0	100.0
	35 to 44	58.1	23.8	14.3	*2.8	**0.9	100.0
	45 to 54	72.3	11.9	9.3	*4.7	**1.8	100.0
	55 to 64	69.3	14.8	13.2	**1.8	**0.9	100.0
	65 and over	69.6	*6.8	16.8	*4.7	**2.1	100.0
	TOTAL		59.5	16.2	16.3	4.8	3.2
Females	15 to 24	35.1	16.1	23.6	16.5	*8.8	100.0
	25 to 34	62.0	*9.0	17.4	*7.6	*4.0	100.0
	35 to 44	63.2	11.0	16.8	*5.8	*3.3	100.0
	45 to 54	69.3	10.6	9.8	*6.3	*4.1	100.0
	55 to 64	71.2	*8.1	14.1	*5.6	**0.9	100.0
	65 and over	73.2	9.1	13.0	*3.8	**0.8	100.0
	TOTAL		62.8	10.6	15.6	7.4	3.6
Persons	15 to 24	37.0	17.6	23.7	12.8	8.9	100.0
	25 to 34	55.7	15.0	19.0	6.3	*4.0	100.0
	35 to 44	60.6	17.4	15.5	4.3	*2.1	100.0
	45 to 54	70.8	11.2	9.5	5.5	*3.0	100.0
	55 to 64	70.3	11.4	13.7	*3.7	**0.9	100.0
	65 and over	71.7	8.1	14.7	4.2	*1.4	100.0
	TOTAL		61.2	13.4	15.9	6.1	3.4

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

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

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

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

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

Table 38: All persons aged 15 years and over — frequency of participation, Tasmania, 2006

Sex	Age group (years)	None	Zero – once	Once or twice	Three or four	Five or more	Total
			per week (a)	per week (b)	times per week (c)	times per week	
		Number ('000)					
Males	15 to 24	4.6	5.4	9.4	5.3	8.6	33.3
	25 to 34	3.2	5.1	7.4	5.5	5.8	26.9
	35 to 44	3.3	10.8	8.4	4.4	5.6	32.4
	45 to 54	7.5	8.4	6.8	5.3	6.9	35.0
	55 to 64	6.2	6.3	7.4	4.3	5.7	29.9
	65 and over	11.1	*2.7	5.8	4.1	8.3	32.0
	TOTAL		36.0	38.7	45.3	28.9	40.8
Females	15 to 24	*2.1	4.7	6.4	6.4	11.8	31.4
	25 to 34	5.1	3.6	6.7	5.2	7.7	28.3
	35 to 44	5.6	4.0	7.7	8.1	9.2	34.6
	45 to 54	8.4	4.2	8.7	6.9	7.7	35.9
	55 to 64	4.4	3.5	6.9	6.0	8.8	29.7
	65 and over	10.0	3.6	7.6	7.7	10.2	39.1
	TOTAL		35.7	23.5	43.9	40.4	55.4
Persons	15 to 24	6.7	10.1	15.8	11.7	20.4	64.7
	25 to 34	8.3	8.7	14.1	10.7	13.5	55.2
	35 to 44	8.9	14.8	16.1	12.5	14.8	67.1
	45 to 54	15.9	12.6	15.5	12.3	14.6	70.9
	55 to 64	10.7	9.8	14.3	10.3	14.5	59.6
	65 and over	21.1	6.3	13.4	11.8	18.4	71.0
	TOTAL		71.7	62.2	89.1	69.3	96.2

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

Males	15 to 24	13.8	16.2	28.3	15.9	25.8	100.0
	25 to 34	11.9	19.0	27.4	20.2	21.4	100.0
	35 to 44	10.2	33.2	25.9	13.5	17.2	100.0
	45 to 54	21.5	24.1	19.5	15.2	19.7	100.0
	55 to 64	20.8	21.0	24.8	14.5	18.9	100.0
	65 and over	34.7	*8.4	18.3	12.8	25.9	100.0
	TOTAL		19.0	20.4	23.9	15.2	21.5
Females	15 to 24	*6.8	15.0	20.3	20.5	37.5	100.0
	25 to 34	18.1	12.6	23.6	18.5	27.2	100.0
	35 to 44	16.2	11.6	22.3	23.3	26.6	100.0
	45 to 54	23.4	11.6	24.1	19.3	21.6	100.0
	55 to 64	15.0	11.8	23.2	20.2	29.8	100.0
	65 and over	25.7	9.2	19.3	19.8	26.0	100.0
	TOTAL		18.0	11.8	22.1	20.3	27.9
Persons	15 to 24	10.4	15.6	24.4	18.1	31.5	100.0
	25 to 34	15.1	15.8	25.5	19.4	24.4	100.0
	35 to 44	13.3	22.0	24.0	18.6	22.1	100.0
	45 to 54	22.4	17.8	21.8	17.3	20.6	100.0
	55 to 64	17.9	16.4	24.0	17.3	24.3	100.0
	65 and over	29.7	8.8	18.9	16.7	26.0	100.0
	TOTAL		18.5	16.0	22.9	17.8	24.8

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

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

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

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

Table 39: All persons aged 15 years and over — frequency of participation in organised activity, Tasmania, 2006

Sex	Age group (years)	None	Zero – once	Once or twice	Three or four	Five or more	Total
			per week (a)	per week (b)	times per week (c)	times per week	
		Number ('000)					
Males	15 to 24	14.0	5.4	8.3	3.5	*2.2	33.3
	25 to 34	15.4	5.1	4.8	*1.6	–	26.9
	35 to 44	19.4	6.9	5.0	**1.0	**0.2	32.4
	45 to 54	24.6	5.1	*2.3	*2.3	**0.8	35.0
	55 to 64	21.1	4.2	3.2	*1.3	–	29.9
	65 and over	24.5	*1.8	3.4	*1.3	**0.9	32.0
	TOTAL		119.0	28.6	27.0	11.0	4.0
Females	15 to 24	12.8	4.2	7.9	*2.8	3.7	31.4
	25 to 34	20.2	3.4	3.1	**0.9	**0.6	28.3
	35 to 44	25.0	4.3	3.5	*1.2	**0.6	34.6
	45 to 54	29.6	*2	*2.5	*1.5	**0.2	35.9
	55 to 64	22.1	*2.9	*3.0	*1.1	**0.6	29.7
	65 and over	27.9	3.7	5.7	*1.7	**0.2	39.1
	TOTAL		137.5	20.5	25.7	9.1	6.0
Persons	15 to 24	26.7	9.5	16.2	6.3	5.9	64.7
	25 to 34	35.6	8.6	7.9	*2.5	**0.6	55.2
	35 to 44	44.4	11.3	8.5	*2.1	**0.8	67.1
	45 to 54	54.2	7.1	4.8	3.8	**1.0	70.9
	55 to 64	43.2	7.1	6.2	*2.5	**0.6	59.6
	65 and over	52.4	5.5	9.1	*3.0	*1.1	71.0
	TOTAL		256.5	49.1	52.7	20.1	10.1

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

Males	15 to 24	42.0	16.1	24.9	10.4	*6.6	100.0
	25 to 34	57.1	19.0	17.9	*6.0	–	100.0
	35 to 44	59.8	21.3	15.4	**3.0	**0.5	100.0
	45 to 54	70.2	14.6	*6.5	*6.5	**2.2	100.0
	55 to 64	70.5	14.2	10.8	*4.5	–	100.0
	65 and over	76.7	*5.6	10.6	*4.2	**2.8	100.0
	TOTAL		62.8	15.1	14.2	5.8	2.1
Females	15 to 24	40.6	13.3	25.2	*9.0	11.9	100.0
	25 to 34	71.4	12.1	11.1	**3.1	**2.3	100.0
	35 to 44	72.2	12.5	10.1	*3.4	**1.8	100.0
	45 to 54	82.5	*5.7	*7.0	*4.2	**0.6	100.0
	55 to 64	74.4	*9.6	*10.1	*3.8	**2.1	100.0
	65 and over	71.3	9.4	14.6	*4.3	**0.4	100.0
	TOTAL		69.1	10.3	12.9	4.6	3.0
Persons	15 to 24	41.3	14.8	25.1	9.7	9.1	100.0
	25 to 34	64.4	15.5	14.4	*4.5	**1.2	100.0
	35 to 44	66.2	16.8	12.7	*3.2	**1.2	100.0
	45 to 54	76.5	10.1	6.7	5.3	**1.4	100.0
	55 to 64	72.5	11.9	10.5	*4.1	**1.0	100.0
	65 and over	73.7	7.7	12.8	*4.2	*1.5	100.0
	TOTAL		66.0	12.6	13.6	5.2	2.6

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

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

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

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

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

Table 40: All persons aged 15 years and over — frequency of participation, Victoria, 2006

Sex	Age group (years)	None	Zero — once per week (a)	Once or twice per week (b)	Three or four times per week (c)	Five or more times per week	Total
Males	15 to 24	30.5	57.2	97.5	76.0	99.3	360.5
	25 to 34	43.6	77.3	99.1	87.7	54.5	362.2
	35 to 44	71.1	90.2	85.8	62.9	64.8	374.9
	45 to 54	98.1	76.5	62.0	48.2	56.2	341.0
	55 to 64	74.6	33.2	51.2	46.6	68.4	274.1
	65 and over	86.1	32.3	58.6	41.8	86.4	305.2
	TOTAL		404.2	366.7	454.1	363.3	429.7
Females	15 to 24	45.0	63.5	110.9	56.6	73.9	349.9
	25 to 34	52.1	31.2	102.3	61.8	118.8	366.3
	35 to 44	56.2	44.6	95.1	92.0	96.1	384.0
	45 to 54	59.6	33.1	59.9	82.0	117.3	351.9
	55 to 64	38.2	*11.8	69.8	49.8	104.9	274.5
	65 and over	112.3	38.4	66.4	67.8	97.3	382.2
	TOTAL		363.5	222.6	504.4	410.1	608.3
Persons	15 to 24	75.6	120.7	208.3	132.6	173.2	710.4
	25 to 34	95.7	108.5	201.4	149.5	173.3	728.5
	35 to 44	127.3	134.8	180.9	155.0	160.9	758.8
	45 to 54	157.8	109.6	121.9	130.2	173.5	692.9
	55 to 64	112.9	44.9	121.0	96.5	173.3	548.6
	65 and over	198.4	70.7	125.0	109.6	183.7	687.4
	TOTAL		767.6	589.3	958.4	773.4	1,038.0

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

Males	15 to 24	8.5	15.9	27.0	21.1	27.6	100.0
	25 to 34	12.0	21.3	27.4	24.2	15.1	100.0
	35 to 44	19.0	24.1	22.9	16.8	17.3	100.0
	45 to 54	28.8	22.4	18.2	14.1	16.5	100.0
	55 to 64	27.2	12.1	18.7	17.0	25.0	100.0
	65 and over	28.2	10.6	19.2	13.7	28.3	100.0
	TOTAL		20.0	18.2	22.5	18.0	21.3
Females	15 to 24	12.9	18.2	31.7	16.2	21.1	100.0
	25 to 34	14.2	8.5	27.9	16.9	32.4	100.0
	35 to 44	14.6	11.6	24.8	24.0	25.0	100.0
	45 to 54	16.9	9.4	17.0	23.3	33.3	100.0
	55 to 64	13.9	*4.3	25.4	18.1	38.2	100.0
	65 and over	29.4	10.1	17.4	17.7	25.4	100.0
	TOTAL		17.2	10.6	23.9	19.4	28.8
Persons	15 to 24	10.6	17.0	29.3	18.7	24.4	100.0
	25 to 34	13.1	14.9	27.6	20.5	23.8	100.0
	35 to 44	16.8	17.8	23.8	20.4	21.2	100.0
	45 to 54	22.8	15.8	17.6	18.8	25.0	100.0
	55 to 64	20.6	8.2	22.1	17.6	31.6	100.0
	65 and over	28.9	10.3	18.2	15.9	26.7	100.0
	TOTAL		18.6	14.3	23.2	18.7	25.2

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

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

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

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

Table 41: All persons aged 15 years and over — frequency of participation in organised activity, Victoria, 2006

Sex	Age group (years)	None	Zero – once	Once or twice	Three or four	Five or more	Total
			per week (a)	per week (b)	times per week (c)	times per week	
		Number ('000)					
Males	15 to 24	112.3	59.8	105.3	42.9	40.3	360.5
	25 to 34	209.1	58.7	57.7	29.2	**7.4	362.2
	35 to 44	229.2	80.4	43.3	*19.3	**2.5	374.9
	45 to 54	244.9	50.4	32.9	*11	**1.7	341.0
	55 to 64	204.0	33.4	*20.5	*13.5	**2.7	274.1
	65 and over	215.2	*22.0	40.2	27.9	—	305.2
	TOTAL	1,214.7	304.7	299.9	143.8	54.7	2,017.8
Females	15 to 24	130.5	54.3	110.9	26.6	27.7	349.9
	25 to 34	206.5	45.1	75.8	*14.8	*24.1	366.3
	35 to 44	221.1	62.0	53.8	29.2	*17.9	384.0
	45 to 54	241.0	31.7	49.5	*18.9	*11.0	351.9
	55 to 64	180.7	27.9	42.7	*18.7	**4.6	274.5
	65 and over	251.1	43.4	60.3	*19.5	**7.9	382.2
	TOTAL	1,230.9	264.3	393.0	127.6	93.1	2,108.8
Persons	15 to 24	242.8	114.1	216.2	69.4	68.0	710.4
	25 to 34	415.6	103.8	133.6	44.1	31.5	728.5
	35 to 44	450.3	142.4	97.1	48.5	*20.5	758.8
	45 to 54	485.9	82.1	82.4	29.9	*12.7	692.9
	55 to 64	384.7	61.3	63.2	32.2	**7.3	548.6
	65 and over	466.3	65.3	100.5	47.3	**7.9	687.4
	TOTAL	2,445.6	569.0	692.9	271.4	147.8	4,126.7

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

Males	15 to 24	31.1	16.6	29.2	11.9	11.2	100.0
	25 to 34	57.7	16.2	15.9	8.1	**2.1	100.0
	35 to 44	61.1	21.5	11.6	*5.2	**0.7	100.0
	45 to 54	71.8	14.8	9.6	*3.2	**0.5	100.0
	55 to 64	74.4	12.2	*7.5	*4.9	**1.0	100.0
	65 and over	70.5	*7.2	13.2	9.1	—	100.0
	TOTAL	60.2	15.1	14.9	7.1	2.7	100.0
Females	15 to 24	37.3	15.5	31.7	7.6	7.9	100.0
	25 to 34	56.4	12.3	20.7	*4.0	*6.6	100.0
	35 to 44	57.6	16.1	14.0	7.6	*4.7	100.0
	45 to 54	68.5	9.0	14.1	*5.4	*3.1	100.0
	55 to 64	65.8	10.2	15.6	*6.8	**1.7	100.0
	65 and over	65.7	11.3	15.8	*5.1	**2.1	100.0
	TOTAL	58.4	12.5	18.6	6.0	4.4	100.0
Persons	15 to 24	34.2	16.1	30.4	9.8	9.6	100.0
	25 to 34	57.0	14.2	18.3	6.0	4.3	100.0
	35 to 44	59.3	18.8	12.8	6.4	*2.7	100.0
	45 to 54	70.1	11.8	11.9	4.3	*1.8	100.0
	55 to 64	70.1	11.2	11.5	5.9	**1.3	100.0
	65 and over	67.8	9.5	14.6	6.9	**1.2	100.0
	TOTAL	59.3	13.8	16.8	6.6	3.6	100.0

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

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

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

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

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

Table 42: All persons aged 15 years and over — frequency of participation, Western Australia, 2006

Sex	Age group (years)	None	Zero – once	Once or twice	Three or four	Five or more	Total
			per week (a)	per week (b)	times per week (c)	times per week	
		Number ('000)					
Males	15 to 24	**3.5	13.1	41.9	37.6	55.0	151.1
	25 to 34	*9.5	28.7	47.5	27.0	27.9	140.6
	35 to 44	30.5	27.7	39.5	32.1	21.9	151.8
	45 to 54	32.9	25.8	32.6	23.4	30.2	144.8
	55 to 64	30.6	16.3	26.0	13.9	26.7	113.5
	65 and over	35.1	*5.2	19.6	17.6	32.7	110.3
	TOTAL		142.1	116.8	207.1	151.7	194.5
Females	15 to 24	16.3	29.7	34.6	24.6	39.4	144.6
	25 to 34	21.0	*8.0	30.9	24.9	53.1	137.9
	35 to 44	14.3	15.0	42.3	37.6	42.9	152.2
	45 to 54	16.2	*10.4	35.3	30.3	55.3	147.6
	55 to 64	20.1	*11.4	19.8	27.2	29.1	107.6
	65 and over	37.8	*10.6	23.2	23.0	37.6	132.1
	TOTAL		125.7	85.2	186.1	167.5	257.4
Persons	15 to 24	19.8	42.8	76.5	62.1	94.5	295.7
	25 to 34	30.4	36.7	78.4	52.0	81.0	278.5
	35 to 44	44.9	42.8	81.9	69.7	64.8	304.0
	45 to 54	49.1	36.2	67.9	53.7	85.5	292.4
	55 to 64	50.7	27.7	45.7	41.1	55.9	221.1
	65 and over	72.9	15.8	42.8	40.6	70.3	242.4
	TOTAL		267.8	202.0	393.2	319.2	452.0

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

Males	15 to 24	**2.3	8.7	27.7	24.9	36.4	100.0
	25 to 34	*6.7	20.4	33.8	19.2	19.8	100.0
	35 to 44	20.1	18.3	26.0	21.2	14.4	100.0
	45 to 54	22.7	17.8	22.5	16.2	20.8	100.0
	55 to 64	27.0	14.3	22.9	12.3	23.6	100.0
	65 and over	31.9	*4.7	17.8	15.9	29.7	100.0
	TOTAL		17.5	14.4	25.5	18.7	24.0
Females	15 to 24	11.3	20.5	23.9	17.0	27.3	100.0
	25 to 34	15.2	*5.8	22.4	18.1	38.5	100.0
	35 to 44	9.4	9.9	27.8	24.7	28.2	100.0
	45 to 54	11.0	*7.1	23.9	20.5	37.5	100.0
	55 to 64	18.7	*10.6	18.4	25.3	27.1	100.0
	65 and over	28.6	*8.0	17.5	17.4	28.4	100.0
	TOTAL		15.3	10.4	22.6	20.4	31.3
Persons	15 to 24	6.7	14.5	25.9	21.0	31.9	100.0
	25 to 34	10.9	13.2	28.1	18.7	29.1	100.0
	35 to 44	14.8	14.1	26.9	22.9	21.3	100.0
	45 to 54	16.8	12.4	23.2	18.4	29.2	100.0
	55 to 64	22.9	12.5	20.7	18.6	25.3	100.0
	65 and over	30.1	6.5	17.7	16.7	29.0	100.0
	TOTAL		16.4	12.4	24.1	19.5	27.7

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

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

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

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

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

Table 43: All persons aged 15 years and over — frequency of participation in organised activity, Western Australia, 2006

Sex	Age group (years)	None	Zero — once per week (a)	Once or twice per week (b)	Three or four times per week (c)	Five or more times per week	Total
		Number ('000)					
Males	15 to 24	43.4	24.2	35.2	27.7	20.7	151.1
	25 to 34	59.9	29.9	27.6	14.3	*8.9	140.6
	35 to 44	82.2	28.5	26.9	*9.4	*4.8	151.8
	45 to 54	110.8	15.3	11.6	*7.0	—	144.8
	55 to 64	75.6	17.1	16.3	**0.8	*3.9	113.5
	65 and over	81.2	*8.2	13.9	*4.4	**2.6	110.3
	TOTAL	453.1	123.2	131.6	63.5	40.9	812.2
Females	15 to 24	47.7	32.3	36.6	18.3	*9.7	144.6
	25 to 34	78.2	17.2	27.0	*9.0	*6.5	137.9
	35 to 44	88.5	19.3	26.2	*9.3	*9.0	152.2
	45 to 54	96.3	18.9	18.2	*10.2	*4.1	147.6
	55 to 64	65.3	17.6	15.8	*5.8	**3.0	107.6
	65 and over	89.9	14.0	17.6	*8.4	**2.3	132.1
	TOTAL	466.0	119.3	141.2	60.9	34.5	821.9
Persons	15 to 24	91.1	56.5	71.8	45.9	30.4	295.7
	25 to 34	138.2	47.1	54.6	23.2	15.4	278.5
	35 to 44	170.7	47.8	53.1	18.7	13.8	304.0
	45 to 54	207.1	34.2	29.8	17.2	*4.1	292.4
	55 to 64	140.9	34.7	32.1	*6.6	*6.9	221.1
	65 and over	171.1	22.1	31.5	12.8	*4.8	242.4
	TOTAL	919.1	242.5	272.8	124.4	75.4	1,634.2

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

Males	15 to 24	28.7	16.0	23.3	18.3	13.7	100.0
	25 to 34	42.6	21.3	19.6	10.1	*6.4	100.0
	35 to 44	54.1	18.8	17.7	*6.2	*3.2	100.0
	45 to 54	76.5	10.6	8.0	*4.9	—	100.0
	55 to 64	66.6	15.0	14.3	**0.7	*3.4	100.0
	65 and over	73.6	*7.4	12.6	*4.0	**2.3	100.0
	TOTAL	55.8	15.2	16.2	7.8	5.0	100.0
Females	15 to 24	33.0	22.4	25.3	12.6	*6.7	100.0
	25 to 34	56.7	12.5	19.6	*6.5	*4.7	100.0
	35 to 44	58.1	12.7	17.2	*6.1	*5.9	100.0
	45 to 54	65.3	12.8	12.3	*6.9	*2.7	100.0
	55 to 64	60.7	16.4	14.7	*5.4	**2.8	100.0
	65 and over	68.1	10.6	13.3	*6.4	**1.7	100.0
	TOTAL	56.7	14.5	17.2	7.4	4.2	100.0
Persons	15 to 24	30.8	19.1	24.3	15.5	10.3	100.0
	25 to 34	49.6	16.9	19.6	8.3	5.5	100.0
	35 to 44	56.1	15.7	17.5	6.1	4.5	100.0
	45 to 54	70.8	11.7	10.2	5.9	*1.4	100.0
	55 to 64	63.7	15.7	14.5	*3.0	*3.1	100.0
	65 and over	70.6	9.1	13.0	5.3	*2.0	100.0
	TOTAL	56.2	14.8	16.7	7.6	4.6	100.0

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

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

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

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

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

Table 44: Selected activities — Australian Capital Territory, 2006

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	23.6	18.0	40.8	29.9	64.4	24.1
Aquarobics	*0.6	*0.5	2.7	2.0	3.4	1.3
Athletics/track and field	**0.5	**0.4	**0.5	**0.3	*1.0	*0.4
Australian football	2.7	2.0	**0.5	**0.4	3.2	1.2
Badminton	2.9	2.2	2.2	1.6	5.1	1.9
Baseball	*0.7	*0.5	—	—	*0.7	*0.3
Basketball	4.6	3.5	3.3	2.4	7.9	3.0
Billiards/snooker/pool	**0.1	**0.1	—	—	**0.1	**0.1
Boxing	*0.9	*0.7	**0.2	**0.1	*1.1	*0.4
Canoeing/kayaking	*0.9	*0.7	*0.8	*0.6	*1.8	*0.7
Carpet bowls	—	—	**0.1	**0.1	**0.1	**0
Cricket (indoor)	5.1	3.9	*1.1	*0.8	6.2	2.3
Cricket (outdoor)	6.6	5.0	*1.4	*1.1	8.0	3.0
Cycling	27.1	20.7	17.7	12.9	44.8	16.7
Darts	—	—	—	—	—	—
Dancing	*0.6	*0.4	5.2	3.8	5.8	2.2
Fishing	2.6	2.0	**0.2	**0.1	2.8	1.0
Football (indoor)	6.0	4.6	3.0	2.2	9.0	3.4
Football (outdoor)	11.0	8.4	7.0	5.1	18.0	6.7
Golf	15.0	11.4	2.1	1.6	17.1	6.4
Gymnastics	**0.3	**0.2	*0.6	*0.4	*0.9	*0.3
Hockey (indoor)	*1.2	*0.9	*0.7	*0.5	*1.8	*0.7
Hockey (outdoor)	*1.0	*0.8	2.8	2.0	3.8	1.4
Horse riding/equestrian activities/polocrosse	—	—	*2.0	*1.5	*2.0	*0.8
Ice/snow sports	4.4	3.4	2.8	2.1	7.3	2.7
Lawn bowls	*2.0	*1.6	*0.9	*0.7	2.9	1.1
Martial arts	2.7	2.1	3.8	2.8	6.6	2.5
Motor sports	*2.0	2.0	**0.5	**0.4	2.5	0.9
Netball	*1.3	*1.0	9.9	7.3	11.3	4.2
Orienteering	*1.9	*1.4	**0.5	**0.3	2.3	0.9
Rock climbing	*1.5	*1.2	*0.7	*0.5	2.2	0.8
Roller sports	*1.8	*1.4	**0.3	**0.2	2.1	0.8
Rowing	*0.7	*0.6	*1.0	*0.7	*1.7	*0.6
Rugby league	*1.9	*1.4	**0.5	**0.3	2.3	0.9
Rugby union	4.3	3.3	*0.7	*0.5	4.9	1.8
Running	16.7	12.8	12.0	8.8	28.8	10.8
Sailing	*1.6	*1.2	**0.1	**0.1	*1.7	*0.6
Scuba diving	**0.5	**0.4	**0.2	**0.1	*0.7	*0.3
Shooting sports	**0.5	**0.4	—	—	**0.5	**0.2
Softball	*0.9	*0.7	*1.1	*0.8	*2.0	*0.7
Squash/racquetball	3.4	2.6	*1.2	*0.8	4.5	1.7
Surf sports	*1.8	*1.4	*1.1	*0.8	2.9	1.1
Swimming	19.7	15.1	23.6	17.3	43.4	16.2
Table tennis	*0.6	*0.4	**0.1	**0.1	*0.7	*0.3
Tennis	10.2	7.8	7.9	5.8	18.1	6.8
Tenpin bowling	*0.8	*0.6	*0.8	*0.6	*1.6	*0.6
Touch football	7.5	5.8	2.8	2.0	10.3	3.8
Triathlon	*0.9	*0.7	*0.6	*0.4	*1.5	*0.5
Volleyball	*1.5	*1.2	*1.9	*1.4	3.4	1.3
Walking (bush)	11.9	9.1	9.1	6.6	20.9	7.8
Walking (other)	42.3	32.3	68.8	50.4	111.1	41.5
Water polo	**0.2	**0.2	—	—	**0.2	**0.1
Waterskiing/powerboating	*0.8	*0.6	—	—	*0.8	*0.3
Weight training	7.1	5.4	3.9	2.8	11.0	4.1
Yoga	*1.6	*1.2	6.1	4.5	7.7	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 45: Selected activities — New South Wales, 2006

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	402.2	14.7	630.4	22.4	1,032.6	18.6
Aquarobics	*16.5	*0.6	73.7	2.6	90.2	1.6
Athletics/track and field	*19.4	*0.7	**8.8	**0.3	*28.2	*0.5
Australian football	33.7	1.2	**1.9	**0.1	35.6	0.6
Badminton	*14.3	*0.5	**8.3	**0.3	*22.6	*0.4
Baseball	**2.7	**0.1	**2.5	**0.1	**5.2	**0.1
Basketball	100.9	3.7	40.2	1.4	141.1	2.5
Billiards/snooker/pool	**8.2	**0.3	**4.2	**0.1	*12.4	*0.2
Boxing	*24.1	*0.9	*17.0	*0.6	41.1	0.7
Canoeing/kayaking	*27.7	*1.0	*25.0	*0.9	52.7	1.0
Carpet bowls	**3.3	**0.1	**6.3	**0.2	*9.6	*0.2
Cricket (indoor)	30.1	1.1	**1.9	**0.1	32.0	0.6
Cricket (outdoor)	162.9	6.0	**6.0	**0.2	169.0	3.0
Cycling	325.2	11.9	162.5	5.8	487.6	8.8
Dancing	30.2	1.1	118.2	4.2	148.3	2.7
Darts	**7.0	**0.3	**3.8	**0.1	*10.7	*0.2
Fishing	110.1	4.0	**7.1	**0.3	117.2	2.1
Football (indoor)	75.5	2.8	*20.2	*0.7	95.7	1.7
Football (outdoor)	246.7	9.0	80.0	2.8	326.7	5.9
Golf	333.4	12.2	84.9	3.0	418.3	7.5
Gymnastics	—	—	*22.3	*0.8	*22.3	*0.4
Hockey (indoor)	—	—	**7.3	**0.3	**7.3	**0.1
Hockey (outdoor)	*12.7	*0.5	*25.8	*0.9	38.5	0.7
Horse riding/equestrian activities/polocrosse	*19.7	*0.7	46.6	1.7	66.3	1.2
Ice/snow sports	62.8	2.3	*27.6	*1.0	90.4	1.6
Lawn bowls	82.8	3.0	47.5	1.7	130.3	2.3
Martial arts	55.0	2.0	68.8	2.4	123.8	2.2
Motor sports	61.3	2.2	**3.8	**0.1	65.1	1.2
Netball	*13.9	*0.5	155.5	5.5	169.4	3.1
Orienteering	**8.5	**0.3	**2.5	**0.1	*11.0	*0.2
Rock climbing	40.5	1.5	*11.7	*0.4	52.3	0.9
Roller sports	*26.4	*1.0	**6.7	**0.2	33.0	0.6
Rowing	*11.1	*0.4	**6.9	**0.2	*18.0	*0.3
Rugby league	96.5	3.5	**6.7	**0.2	103.1	1.9
Rugby union	55.2	2.0	**3.1	**0.1	58.3	1.1
Running	275.9	10.1	138.3	4.9	414.2	7.5
Sailing	*19.0	*0.7	**5.3	**0.2	*24.3	*0.4
Scuba diving	*23.1	*0.8	**4.8	**0.2	*27.9	*0.5
Shooting sports	*18.3	*0.7	—	—	*18.3	*0.3
Softball	**4.4	**0.2	**4.6	**0.2	**9.0	**0.2
Squash/racquetball	*26.8	*1.0	*23.5	*0.8	50.3	0.9
Surf sports	158.8	5.8	*22.4	*0.8	181.2	3.3
Swimming	398.9	14.6	447.9	15.9	846.9	15.3
Table tennis	*16.2	*0.6	**2.4	**0.1	*18.6	*0.3
Tennis	212.1	7.8	197.4	7.0	409.5	7.4
Tenpin bowling	*15.4	*0.6	*19.2	*0.7	34.5	0.6
Touch football	161.8	5.9	58.4	2.1	220.2	4.0
Triathlon	*13.4	*0.5	**1.5	**0.1	*14.9	*0.3
Volleyball	*24.6	*0.9	*18.6	*0.7	43.1	0.8
Walking (bush)	118.3	4.3	158.8	5.7	277.2	5.0
Walking (other)	632.7	23.1	1,235.6	44.0	1,868.3	33.7
Water polo	**5.4	**0.2	**7.3	**0.3	*12.6	*0.2
Waterskiing/powerboating	37.3	1.4	*9.2	*0.3	46.5	0.8
Weight training	103.3	3.8	51.3	1.8	154.5	2.8
Yoga	*10.3	*0.4	152.0	5.4	162.4	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 46: Selected activities — Northern Territory, 2006

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	9.5	11.9	15.8	22.1	25.4	16.7
Aquarobics	**0.3	**0.4	2.1	3.0	2.4	1.6
Athletics/track and field	**0.2	**0.2	**0.3	**0.5	*0.5	*0.3
Australian football	5.6	7.0	*0.7	*1.0	6.4	4.2
Badminton	*0.5	*0.6	—	—	*0.5	*0.3
Baseball	*0.6	*0.7	—	—	*0.6	*0.4
Basketball	3.0	3.7	3.3	4.6	6.3	4.2
Billiards/snooker/pool	*0.5	*0.6	—	—	*0.5	*0.3
Boxing	*0.6	*0.7	*1.0	*1.5	1.6	1.1
Canoeing/kayaking	*1.0	*1.2	**0.4	**0.6	*1.4	*0.9
Carpet bowls	—	—	—	—	—	—
Cricket (indoor)	1.6	2.0	**0.1	**0.2	1.7	1.1
Cricket (outdoor)	4.8	6.0	**0.3	**0.5	5.1	3.4
Cycling	13.9	17.4	9.4	13.2	23.3	15.4
Dancing	**0.3	**0.4	3.3	4.6	3.6	2.4
Darts	**0.4	**0.5	**0.1	**0.1	*0.5	*0.3
Fishing	5.1	6.3	*0.7	*1.0	5.8	3.8
Football (indoor)	2.5	3.2	*0.8	*1.2	3.4	2.2
Football (outdoor)	3.8	4.7	1.9	2.7	5.7	3.8
Golf	7.1	8.8	*1.5	*2.1	8.6	5.7
Gymnastics	**0.3	**0.4	**0.4	**0.6	*0.8	*0.5
Hockey (indoor)	**0.2	**0.2	**0.2	**0.3	**0.4	**0.3
Hockey (outdoor)	*1.2	*1.5	*0.5	*0.8	1.7	1.1
Horse riding/equestrian activities/polocrosse	*0.5	*0.6	*0.5	*0.7	*1.0	*0.6
Ice/snow sports	**0.4	**0.4	—	—	**0.4	**0.2
Lawn bowls	*0.9	*1.1	*1.0	*1.4	1.9	1.2
Martial arts	1.8	2.3	*1.2	*1.7	3.0	2.0
Motor sports	2.2	2.8	—	—	2.2	1.5
Netball	*1.3	*1.7	5.2	7.3	6.5	4.3
Orienteering	*0.5	*0.6	*0.6	*0.8	*1.1	*0.7
Rock climbing	*0.6	*0.8	*0.9	*1.2	*1.5	*1.0
Roller sports	*0.5	*0.6	**0.1	**0.1	*0.6	*0.4
Rowing	—	—	**0.1	**0.1	**0.1	**0.1
Rugby league	1.8	2.3	*0.5	*0.7	2.3	1.5
Rugby union	2.2	2.8	—	—	2.2	1.5
Running	7.7	9.6	7.0	9.8	14.7	9.7
Sailing	*0.9	*1.2	*0.6	*0.8	*1.5	*1.0
Scuba diving	**0.2	**0.3	**0.2	**0.2	**0.4	**0.2
Shooting sports	*1.3	*1.6	**0.2	**0.2	*1.4	*0.9
Softball	—	—	**0.3	**0.5	**0.3	**0.2
Squash/racquetball	3.1	3.9	*0.5	*0.6	3.6	2.4
Surf sports	*1.2	*1.6	**0.2	**0.3	*1.5	*1.0
Swimming	8.6	10.7	14.7	20.6	23.3	15.4
Table tennis	*1.4	*1.8	—	—	*1.4	*0.9
Tennis	4.0	5.0	3.1	4.3	7.1	4.7
Tenpin bowling	*1.1	*1.4	*0.5	*0.6	1.6	1.0
Touch football	3.6	4.5	2.3	3.2	5.9	3.9
Triathlon	*0.9	*1.1	*0.7	*1.0	1.6	1.1
Volleyball	2.6	3.3	3.3	4.7	6.0	3.9
Walking (bush)	4.0	5.0	3.5	4.9	7.5	4.9
Walking (other)	19.1	23.8	30.5	42.7	49.6	32.7
Water polo	—	—	*0.7	*1.0	*0.7	*0.5
Waterskiing/powerboating	**0.4	**0.6	**0.2	**0.2	*0.6	*0.4
Weight training	2.3	2.9	1.8	2.6	4.2	2.8
Yoga	**0.4	**0.5	3.2	4.5	3.6	2.4

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

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

Table 47: Selected activities — Queensland, 2006

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	213.3	13.4	354.4	21.9	567.7	17.7
Aquarobics	*7.2	*0.5	36.8	2.3	44.0	1.4
Athletics/track and field	*19.9	*1.3	**4.4	**0.3	24.2	0.8
Australian football	50.2	3.2	**6.3	**0.4	56.5	1.8
Badminton	**4.0	**0.2	**4.4	**0.3	*8.3	*0.3
Baseball	**2.3	**0.1	—	—	**2.3	**0.1
Basketball	46.9	3.0	*21.2	*1.3	68.1	2.1
Billiards/snooker/pool	—	—	**2.6	**0.2	**2.6	**0.1
Boxing	24.2	1.5	*12.8	*0.8	36.9	1.2
Canoeing/kayaking	*14.2	*0.9	**4.5	**0.3	*18.7	*0.6
Carpet bowls	**5.5	**0.3	**6.1	**0.4	*11.6	*0.4
Cricket (indoor)	24.1	1.5	**1.3	**0.1	25.3	0.8
Cricket (outdoor)	66.5	4.2	*10.9	*0.7	77.3	2.4
Cycling	172.6	10.9	106.3	6.6	278.9	8.7
Dancing	**3.5	**0.2	51.1	3.2	54.6	1.7
Darts	—	—	—	—	—	—
Fishing	73.4	4.6	22.3	1.4	95.7	3.0
Football (indoor)	29.7	1.9	**5.4	**0.3	35.1	1.1
Football (outdoor)	66.2	4.2	32.4	2.0	98.6	3.1
Golf	147.7	9.3	39.5	2.4	187.2	5.8
Gymnastics	—	—	*9.2	*0.6	*9.2	*0.3
Hockey (indoor)	—	—	—	—	—	—
Hockey (outdoor)	*8.3	*0.5	*14.5	*0.9	22.8	0.7
Horse riding/equestrian activities/polocrosse	*7.0	*0.4	39.5	2.4	46.5	1.4
Ice/snow sports	*11.6	*0.7	*7.5	*0.5	*19.1	*0.6
Lawn bowls	36.3	2.3	32.3	2.0	68.6	2.1
Martial arts	41.6	2.6	*17.8	*1.1	59.4	1.9
Motor sports	45.3	2.9	*9.3	*0.6	54.6	1.7
Netball	*12.1	*0.8	83.8	5.2	95.8	3.0
Orienteering	*19.9	*1.3	*8.3	*0.5	28.1	0.9
Rock climbing	—	—	**2.0	**0.1	**2.0	**0.1
Roller sports	*17.9	*1.1	**1.6	**0.1	*19.5	*0.6
Rowing	*11.9	*0.8	**3.4	**0.2	*15.3	*0.5
Rugby league	69.4	4.4	*10.5	*0.6	79.9	2.5
Rugby union	80.2	5.0	**2.0	**0.1	82.2	2.6
Running	119.5	7.5	80.3	5.0	199.8	6.2
Sailing	*14.9	*0.9	**4.2	**0.3	*19.1	*0.6
Scuba diving	*13.0	*0.8	**3.0	**0.2	*16.0	*0.5
Shooting sports	*19.3	*1.2	**3.0	**0.2	22.3	0.7
Softball	**1.8	**0.1	**4.6	**0.3	**6.4	**0.2
Squash/racquetball	35.2	2.2	*11.4	*0.7	46.6	1.5
Surf sports	59.6	3.8	*16.1	*1.0	75.8	2.4
Swimming	177.9	11.2	260.2	16.1	438.1	13.7
Table tennis	—	—	**3.0	**0.2	**3.0	**0.1
Tennis	89.4	5.6	94.6	5.8	183.9	5.7
Tenpin bowling	*13.0	*0.8	*11.4	*0.7	24.4	0.8
Touch football	74.8	4.7	41.9	2.6	116.7	3.6
Triathlon	*18.0	*1.1	—	—	*18.0	*0.6
Volleyball	24.0	1.5	*21.2	*1.3	45.1	1.4
Walking (bush)	66.6	4.2	66.0	4.1	132.6	4.1
Walking (other)	433.6	27.3	725.6	44.8	1,159.2	36.1
Water polo	**2.4	**0.2	*9.6	*0.6	*12.0	*0.4
Waterskiing/powerboating	*14.6	*0.9	**4.8	**0.3	*19.4	*0.6
Weight training	48.5	3.1	40.9	2.5	89.4	2.8
Yoga	**2.4	**0.2	78.6	4.9	81.0	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 48: Selected activities — South Australia, 2006

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	74.8	12.0	147.7	22.9	222.6	17.6
Aquarobics	**2.4	**0.4	15.0	2.3	17.3	1.4
Athletics/track and field	—	—	*5.8	*0.9	*5.8	*0.5
Australian football	56.7	9.1	**0.7	**0.1	57.4	4.5
Badminton	11.3	1.8	**2.8	**0.4	14.1	1.1
Baseball	*4.6	*0.7	**2.2	**0.3	*6.9	*0.5
Basketball	36.1	5.8	26.1	4.1	62.2	4.9
Billiards/snooker/pool	*8.5	*1.4	—	—	*8.5	*0.7
Boxing	**1.7	**0.3	**0.5	**0.1	**2.2	**0.2
Canoeing/kayaking	10.8	1.7	*3.9	*0.6	14.7	1.2
Carpet bowls	**0.7	**0.1	*3.6	*0.6	*4.2	*0.3
Cricket (indoor)	*8.1	*1.3	—	—	*8.1	*0.6
Cricket (outdoor)	27.3	4.4	*8.7	*1.3	36.0	2.8
Cycling	73.7	11.8	43.3	6.7	117.0	9.2
Dancing	*5.2	*0.8	23.9	3.7	29.1	2.3
Darts	**1.4	**0.2	**0.7	**0.1	**2.0	**0.2
Fishing	25.5	4.1	*4.2	*0.7	29.7	2.3
Football (indoor)	27.0	4.3	*3.3	*0.5	30.2	2.4
Football (outdoor)	30.7	4.9	*9	*1.4	39.7	3.1
Golf	65.9	10.6	13.0	2.0	78.8	6.2
Gymnastics	**1.1	**0.2	**0.7	**0.1	**1.8	**0.1
Hockey (indoor)	**1.4	**0.2	—	—	**1.4	**0.1
Hockey (outdoor)	9.7	1.5	*5.5	*0.8	15.1	1.2
Horse riding/equestrian activities/polocrosse	**1.4	**0.2	*8.8	*1.4	10.2	0.8
Ice/snow sports	*3.0	*0.5	**2.5	**0.4	*5.4	*0.4
Lawn bowls	16.8	2.7	10.1	1.6	27.0	2.1
Martial arts	*8.1	*1.3	15.2	2.4	23.3	1.8
Motor sports	*9.1	*1.5	**0.4	**0.1	9.5	0.8
Netball	*6.8	*1.1	58.7	9.1	65.5	5.2
Orienteering	**1.1	**0.2	—	—	**1.1	**0.1
Rock climbing	**1.7	**0.3	—	—	**1.7	**0.1
Roller sports	**2.6	**0.4	—	—	**2.6	**0.2
Rowing	—	—	**1.8	**0.3	**1.8	**0.1
Rugby league	*5.3	*0.8	—	—	*5.3	*0.4
Rugby union	*3.5	*0.6	—	—	*3.5	*0.3
Running	53.6	8.6	19.4	3.0	72.9	5.8
Sailing	*7.4	*1.2	**1.3	**0.2	*8.7	*0.7
Scuba diving	**1.7	**0.3	**2.1	**0.3	*3.8	*0.3
Shooting sports	*5.4	*0.9	—	—	*5.4	*0.4
Softball	**1.1	**0.2	10.2	1.6	11.3	0.9
Squash/racquetball	*4.4	*0.7	*6.2	*1.0	10.6	0.8
Surf sports	17.7	2.8	**1.0	**0.2	18.8	1.5
Swimming	50.7	8.1	68.1	10.6	118.8	9.4
Table tennis	*5.7	*0.9	**2.8	**0.4	*8.4	*0.7
Tennis	46.5	7.5	36.2	5.6	82.7	6.5
Tenpin bowling	*7.2	*1.2	*4.0	*0.6	11.3	0.9
Touch football	*4.2	*0.7	*3.6	*0.6	*7.8	*0.6
Triathlon	*5.0	*0.8	—	—	*5.0	*0.4
Volleyball	9.8	1.6	*6.9	*1.1	16.7	1.3
Walking (bush)	31.3	5.0	22.5	3.5	53.8	4.2
Walking (other)	187.0	30.0	289.1	44.9	476.1	37.6
Water polo	—	—	**1.3	**0.2	**1.3	**0.1
Waterskiing/powerboating	13.8	2.2	*5.5	*0.9	19.3	1.5
Weight training	25.3	4.1	21.8	3.4	47.1	3.7
Yoga	**0.8	**0.1	32.5	5.1	33.3	2.6

* 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 49: Selected activities — Tasmania, 2006

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	17.0	9.0	32.7	16.4	49.6	12.8
Aquarobics	**0.5	**0.3	3.4	1.7	3.9	1.0
Athletics/track and field	**0.4	**0.2	*1.8	*0.9	*2.2	*0.6
Australian football	16.3	8.6	**0.8	**0.4	17.1	4.4
Badminton	*2.4	*1.3	3.1	1.6	5.6	1.4
Baseball	—	—	—	—	—	—
Basketball	6.1	3.2	3.7	1.9	9.8	2.5
Billiards/snooker/pool	*1.4	*0.7	**0.2	**0.1	*1.6	*0.4
Boxing	**0.3	**0.2	**0.4	**0.2	**0.7	**0.2
Canoeing/kayaking	*2.9	*1.5	*3.0	*1.5	5.9	1.5
Carpet bowls	**0.7	**0.4	*1.2	*0.6	*1.9	*0.5
Cricket (indoor)	3.6	1.9	**0.6	**0.3	4.2	1.1
Cricket (outdoor)	11.3	6.0	*2.3	*1.2	13.7	3.5
Cycling	27.3	14.4	13.3	6.7	40.6	10.5
Dancing	*1.1	*0.6	4.2	2.1	5.2	1.3
Darts	**0.8	**0.4	**0.7	**0.4	*1.5	*0.4
Fishing	13.9	7.4	*1.6	*0.8	15.5	4.0
Football (indoor)	4.2	2.2	*2.7	*1.4	6.9	1.8
Football (outdoor)	10.2	5.4	4.2	2.1	14.5	3.7
Golf	18.4	9.7	4.2	2.1	22.6	5.8
Gymnastics	—	—	**0.5	**0.2	**0.5	**0.1
Hockey (indoor)	**0.4	**0.2	—	—	**0.4	**0.1
Hockey (outdoor)	3.9	2.1	5.4	2.7	9.3	2.4
Horse riding/equestrian activities/polocrosse	**0.7	**0.4	4.1	2.1	4.9	1.2
Ice/snow sports	*1.2	*0.6	**0.4	**0.2	*1.6	*0.4
Lawn bowls	4.6	2.4	3.6	1.8	8.1	2.1
Martial arts	4.0	2.1	4.0	2.0	8.0	2.1
Motor sports	7.8	4.1	**0.6	**0.3	8.4	2.2
Netball	*1.2	*0.6	12.2	6.1	13.4	3.4
Orienteering	**0.5	**0.3	*1.6	*0.8	*2.1	*0.5
Rock climbing	*1.6	*0.8	**0.6	**0.3	*2.1	*0.6
Roller sports	*1.1	*0.6	**0.2	**0.1	*1.4	*0.4
Rowing	*1.5	*0.8	**0.8	**0.4	*2.3	*0.6
Rugby league	—	—	**0.2	**0.1	**0.2	**0
Rugby union	*1.2	*0.6	—	—	*1.2	*0.3
Running	17.6	9.3	10.7	5.4	28.2	7.3
Sailing	4.4	2.3	**0.6	**0.3	5.0	1.3
Scuba diving	3.5	1.8	**0.3	**0.2	3.8	1.0
Shooting sports	3.6	1.9	**0.2	**0.1	3.8	1.0
Softball	—	—	**0.7	**0.3	**0.7	**0.2
Squash/racquetball	*2.8	*1.5	*1.1	*0.5	3.9	1.0
Surf sports	5.8	3.1	**0.9	**0.4	6.7	1.7
Swimming	15.4	8.1	27.8	14.0	43.2	11.1
Table tennis	*2.4	*1.3	**0.2	**0.1	*2.6	*0.7
Tennis	6.3	3.3	6.9	3.5	13.3	3.4
Tenpin bowling	*2.0	*1.1	—	—	*2.0	*0.5
Touch football	3.3	1.7	*1.3	*0.7	4.6	1.2
Triathlon	**0.4	**0.2	—	—	**0.4	**0.1
Volleyball	**0.5	**0.3	**0.7	**0.4	*1.3	*0.3
Walking (bush)	19.9	10.5	15.3	7.7	35.2	9.1
Walking (other)	55.3	29.2	105.2	52.9	160.5	41.3
Water polo	**0.7	**0.4	**0.2	**0.1	**0.9	**0.2
Waterskiing/powerboating	3.2	1.7	**0.5	**0.3	3.8	1.0
Weight training	5.2	2.7	3.1	1.6	8.3	2.1
Yoga	**0.6	**0.3	7.1	3.6	7.7	2.0

* 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 50: Selected activities — Victoria, 2006

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	342.2	17.0	499.2	23.7	841.5	20.4
Aquarobics	**5.4	**0.3	42.9	2.0	48.3	1.2
Athletics/track and field	*15.0	*0.7	**6.9	**0.3	*21.9	*0.5
Australian football	160.1	7.9	27.3	1.3	187.4	4.5
Badminton	27.0	1.3	*24.7	*1.2	51.7	1.3
Baseball	*11.0	*0.5	**1.9	**0.1	*12.9	*0.3
Basketball	116.7	5.8	79.5	3.8	196.2	4.8
Billiards/snooker/pool	*8.1	*0.4	—	—	*8.1	*0.2
Boxing	*14.1	*0.7	**2.6	**0.1	*16.6	*0.4
Canoeing/kayaking	**1.5	**0.1	**5.9	**0.3	**7.4	**0.2
Carpet bowls	**3.6	**0.2	*8.6	*0.4	*12.1	*0.3
Cricket (indoor)	47.3	2.3	**6.2	**0.3	53.5	1.3
Cricket (outdoor)	149.3	7.4	*15.6	*0.7	164.9	4.0
Cycling	314.3	15.6	177.0	8.4	491.3	11.9
Dancing	25.5	1.3	85.7	4.1	111.2	2.7
Darts	**3.5	**0.2	—	—	**3.5	**0.1
Fishing	49.7	2.5	**5.4	**0.3	55.1	1.3
Football (indoor)	82.9	4.1	*16.9	*0.8	99.8	2.4
Football (outdoor)	102.3	5.1	32.5	1.5	134.8	3.3
Golf	211.8	10.5	73.4	3.5	285.2	6.9
Gymnastics	**1.7	**0.1	**2.2	**0.1	**4.0	**0.1
Hockey (indoor)	**3.2	**0.2	**6.8	**0.3	*10.1	*0.2
Hockey (outdoor)	*20.2	*1.0	*21.1	*1.0	41.3	1.0
Horse riding/equestrian activities/polocrosse	*17.1	*0.8	46.4	2.2	63.5	1.5
Ice/snow sports	25.3	1.3	*18.2	*0.9	43.4	1.1
Lawn bowls	49.1	2.4	29.1	1.4	78.2	1.9
Martial arts	30.9	1.5	25.3	1.2	56.2	1.4
Motor sports	36.0	1.8	**6.3	**0.3	42.3	1.0
Netball	*13.9	*0.7	131.2	6.2	145.0	3.5
Orienteering	*12.5	*0.6	*10.3	*0.5	*22.8	*0.6
Rock climbing	*12.9	*0.6	**2.1	**0.1	*15.0	*0.4
Roller sports	*22.9	*1.1	**4.6	**0.2	27.5	0.7
Rowing	**6.7	**0.3	*8.5	*0.4	*15.2	*0.4
Rugby league	**5.9	**0.3	**6.8	**0.3	*12.7	*0.3
Rugby union	**5.8	**0.3	—	—	**5.8	**0.1
Running	173.4	8.6	138.6	6.6	311.9	7.6
Sailing	*16.7	*0.8	**3.5	**0.2	*20.3	*0.5
Scuba diving	**7.2	**0.4	**5.9	**0.3	*13.1	*0.3
Shooting sports	25.2	1.2	**1.5	**0.1	26.7	0.6
Softball	—	—	**6.8	**0.3	**6.8	**0.2
Squash/racquetball	48.0	2.4	*17.1	*0.8	65.1	1.6
Surf sports	*23.4	*1.2	*20.4	*1.0	43.8	1.1
Swimming	199.4	9.9	283.0	13.4	482.4	11.7
Table tennis	*23.9	*1.2	*12.6	*0.6	36.5	0.9
Tennis	173.3	8.6	145.4	6.9	318.7	7.7
Tenpin bowling	*13.8	*0.7	*22.6	*1.1	36.5	0.9
Touch football	*10.0	*0.5	**2.6	**0.1	*12.5	*0.3
Triathlon	**2.5	**0.1	*9.1	*0.4	*11.6	*0.3
Volleyball	25.6	1.3	*14.8	*0.7	40.4	1.0
Walking (bush)	75.7	3.8	107.6	5.1	183.3	4.4
Walking (other)	561.7	27.8	998.2	47.3	1,559.9	37.8
Water polo	—	—	**3.9	**0.2	**3.9	**0.1
Waterskiing/powerboating	25.8	1.3	*13.4	*0.6	39.1	0.9
Weight training	68.3	3.4	74.9	3.6	143.1	3.5
Yoga	*21.4	*1.1	123.3	5.8	144.7	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 51: Selected activities — Western Australia, 2006

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	129.1	15.9	228.5	27.8	357.6	21.9
Aquarobics	—	—	18.0	2.2	18.0	1.1
Athletics/track and field	**3.6	**0.4	*6.3	*0.8	*9.9	*0.6
Australian football	78.3	9.6	*4.0	*0.5	82.3	5.0
Badminton	20.3	2.5	13.9	1.7	34.2	2.1
Baseball	*8.1	*1.0	—	—	*8.1	*0.5
Basketball	25.9	3.2	24.0	2.9	49.9	3.1
Billiards/snooker/pool	**2.6	**0.3	—	—	**2.6	**0.2
Boxing	11.7	1.4	**1.2	**0.2	12.9	0.8
Canoeing/kayaking	12.2	1.5	*7.2	*0.9	19.3	1.2
Carpet bowls	**0.8	**0.1	**0.5	**0.1	**1.3	**0.1
Cricket (indoor)	18.2	2.2	—	—	18.2	1.1
Cricket (outdoor)	45.5	5.6	*4.8	*0.6	50.3	3.1
Cycling	125.7	15.5	73.4	8.9	199.1	12.2
Dancing	*6.2	*0.8	35.3	4.3	41.5	2.5
Darts	**1.4	**0.2	**3.0	**0.4	*4.4	*0.3
Fishing	29.1	3.6	*5.1	*0.6	34.2	2.1
Football (indoor)	26.8	3.3	**3.3	**0.4	30.1	1.8
Football (outdoor)	48.9	6.0	*10.4	*1.3	59.3	3.6
Golf	91.1	11.2	23.0	2.8	114.1	7.0
Gymnastics	—	—	**1.5	**0.2	**1.5	**0.1
Hockey (indoor)	**2.0	**0.3	**3.0	**0.4	*5.0	*0.3
Hockey (outdoor)	14.9	1.8	*10.4	*1.3	25.2	1.5
Horse riding/equestrian activities/polocrosse	**1.8	**0.2	17.7	2.2	19.6	1.2
Ice/snow sports	*5.5	*0.7	*4.7	*0.6	*10.2	*0.6
Lawn bowls	19.0	2.3	14.5	1.8	33.5	2.1
Martial arts	*10.7	*1.3	14.8	1.8	25.5	1.6
Motor sports	17.8	2.2	*4.6	*0.6	22.4	1.4
Netball	*7.4	*0.9	79.5	9.7	86.9	5.3
Orienteering	**2.0	**0.3	*4.4	*0.5	*6.4	*0.4
Rock climbing	**3.5	**0.4	—	—	**3.5	**0.2
Roller sports	*7.7	*0.9	*5.2	*0.6	13.0	0.8
Rowing	*8.1	*1.0	*4.5	*0.6	12.6	0.8
Rugby league	*4.1	*0.5	—	—	*4.1	*0.2
Rugby union	*6.2	*0.8	**1.0	**0.1	*7.2	*0.4
Running	91.0	11.2	62.5	7.6	153.6	9.4
Sailing	*6.7	*0.8	**3.2	**0.4	*9.9	*0.6
Scuba diving	*8.0	*1.0	*4.7	*0.6	12.6	0.8
Shooting sports	*4.3	*0.5	—	—	*4.3	*0.3
Softball	*8.2	*1.0	**3.4	**0.4	11.7	0.7
Squash/racquetball	25.1	3.1	*10.1	*1.2	35.2	2.2
Surf sports	45.8	5.6	*9.6	*1.2	55.4	3.4
Swimming	119.9	14.8	141.0	17.2	260.9	16.0
Table tennis	*6.0	*0.7	**2.3	**0.3	*8.3	*0.5
Tennis	50.2	6.2	47.2	5.7	97.4	6.0
Tenpin bowling	**3.8	**0.5	**1.0	**0.1	*4.7	*0.3
Touch football	17.8	2.2	*5.8	*0.7	23.7	1.4
Triathlon	**0.8	**0.1	**1.5	**0.2	**2.3	**0.1
Volleyball	14.2	1.8	26.4	3.2	40.6	2.5
Walking (bush)	30.7	3.8	32.8	4.0	63.5	3.9
Walking (other)	209.6	25.8	407.4	49.6	617.0	37.8
Water polo	**1.5	**0.2	**3.4	**0.4	*4.9	*0.3
Waterskiing/powerboating	*10.4	*1.3	**2.3	**0.3	12.6	0.8
Weight training	28.4	3.5	23.3	2.8	51.7	3.2
Yoga	*4.5	*0.6	42.5	5.2	47.0	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 52: Participation in physical activity for exercise, recreation and sport — 2001 to 2006 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Year	Number ('000)								
Males	2001	103.8	2,026.0	60.1	1,099.2	447.2	134.4	1,493.6	599.5	5,963.9
	2002	107.2	1,987.3	58.0	1,096.1	468.3	137.4	1,511.1	603.3	5,968.6
	2003	108.3	2,152.2	59.9	1,147.8	490.4	145.4	1,632.1	636.7	6,372.7
	2004	110.5	2,156.3	61.1	1,217.9	472.6	147.3	1,678.2	669.9	6,513.7
	2005	113.2	2,214.8	59.8	1,273.3	498.0	150.5	1,667.2	663.5	6,640.3
	2006	114.5	2,202.7	62.9	1,266.2	501.4	153.6	1,613.7	670.1	6,585.2
Females	2001	100.2	1,944.5	53.2	1,060.8	438.7	146.4	1,443.9	596.9	5,784.6
	2002	102.4	1,928.0	53.4	1,130.4	460.0	140.1	1,515.3	613.8	5,943.4
	2003	110.1	2,099.9	57.2	1,204.2	502.8	153.0	1,683.1	661.0	6,471.3
	2004	112.0	2,160.7	54.4	1,243.0	497.7	156.8	1,700.1	652.9	6,577.6
	2005	112.0	2,214.8	55.4	1,243.5	508.7	156.5	1,735.2	663.3	6,689.5
	2006	118.4	2,200.3	57.4	1,281.6	508.8	163.2	1,745.4	696.2	6,771.4
Persons	2001	204.0	3,970.5	113.3	2,160.0	886.0	280.8	2,937.6	1,196.4	11,748.6
	2002	209.6	3,915.2	111.4	2,226.5	928.3	277.5	3,026.4	1,217.1	11,912.0
	2003	218.4	4,252.0	117.1	2,352.1	993.2	298.4	3,315.1	1,297.6	12,844.0
	2004	222.5	4,317.0	115.5	2,461.0	970.3	304.0	3,378.3	1,322.9	13,091.3
	2005	225.1	4,429.6	115.3	2,516.8	1,006.7	307.0	3,402.4	1,326.9	13,329.8
	2006	232.9	4,403.1	120.3	2,547.9	1,010.2	316.8	3,359.0	1,366.4	13,356.6
		Participation rate (%)								
Males	2001	86.0	80.3	81.9	79.1	76.6	75.7	79.8	81.3	79.8
	2002	88.8	77.8	78.6	77.3	79.6	77.1	79.5	80.3	78.7
	2003	88.8	83.2	81.4	78.7	82.6	80.5	84.3	83.0	82.6
	2004	88.6	82.5	83.2	80.9	79.1	80.9	85.3	86.0	83.0
	2005	90.3	84.1	81.4	82.1	82.7	81.5	83.7	83.8	83.5
	2006	87.4	80.5	78.5	79.8	80.5	81.0	80.0	82.5	80.5
Females	2001	80.9	75.6	79.1	75.5	72.9	78.6	75.0	80.8	75.9
	2002	83.1	74.2	79.2	78.6	76.0	74.9	77.6	81.6	77.0
	2003	88.5	79.8	84.8	81.4	82.4	80.8	84.7	86.0	82.4
	2004	87.8	81.5	82.3	81.5	81.1	81.9	84.9	83.7	82.6
	2005	87.7	83.0	84.9	79.7	82.5	80.9	85.7	83.8	83.1
	2006	86.7	78.3	80.3	79.1	79.0	82.0	82.8	84.7	80.5
Persons	2001	83.4	77.9	80.5	77.3	74.7	77.2	77.4	81.0	77.8
	2002	85.9	76.0	78.9	78.0	77.8	75.9	78.5	81.0	77.8
	2003	88.6	81.5	83.0	80.1	82.5	80.7	84.5	84.5	82.5
	2004	88.2	82.0	82.8	81.2	80.1	81.4	85.1	84.8	82.8
	2005	89.0	83.5	83.0	80.9	82.6	81.2	84.7	83.8	83.3
	2006	87.0	79.4	79.3	79.4	79.7	81.5	81.4	83.6	80.5

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

**Table 53: Participation in organised physical activities for exercise, recreation and sport by state and territory
— 2001 to 2006 (a)**

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Year	Number ('000)								
Males	2001	57.2	1,058.5	35.3	564.7	253.1	79.0	794.2	316.4	3,158.3
	2002	58.2	1,131.2	33.2	621.1	253.2	75.3	805.4	319.0	3,296.7
	2003	61.3	1,135.5	33.3	597.5	284.1	80.0	924.4	333.9	3,450.0
	2004	66.3	1,162.1	34.5	618.6	249.4	81.5	966.3	330.4	3,509.0
	2005	64.6	1,150.2	32.5	678.6	275.9	74.9	911.5	329.0	3,517.2
	2006	57.9	1,173.1	34.5	587.1	252.6	70.6	803.1	359.1	3,338.1
Females	2001	49.5	912.5	27.9	536.8	223.2	76.4	740.6	306.6	2,873.6
	2002	54.3	995.3	29.5	546.4	216.0	65.1	745.5	312.9	2,965.0
	2003	57.6	1,030.3	29.6	565.2	239.1	75.4	851.4	353.5	3,202.2
	2004	61.6	1,084.4	28.2	558.7	229.3	71.2	875.8	335.3	3,244.4
	2005	59.5	1,059.2	25.6	560.7	238.4	71.3	808.8	351.3	3,174.8
	2006	56.5	983.3	28.4	541.9	239.3	61.5	878.0	355.9	3,144.8
Persons	2001	106.7	1,971.0	63.2	1,101.5	476.3	155.4	1,534.8	623.0	6,031.9
	2002	112.5	2,126.5	62.7	1,167.5	469.1	140.4	1,550.9	632.0	6,261.7
	2003	118.8	2,165.8	62.9	1,162.7	523.3	155.4	1,775.8	687.5	6,652.2
	2004	127.9	2,246.5	62.6	1,177.3	478.7	152.7	1,842.0	665.7	6,753.4
	2005	124.1	2,209.5	58.2	1,239.4	514.3	146.1	1,720.3	680.2	6,692.1
	2006	114.4	2,156.4	62.9	1,129.0	492.0	132.0	1,681.1	715.1	6,482.9
		Participation rate (%)								
Males	2001	47.4	41.9	48.1	40.6	43.4	44.4	42.4	42.9	42.2
	2002	48.2	44.3	45.0	43.8	43.1	42.2	42.4	42.5	43.5
	2003	50.2	43.9	45.3	41.0	47.9	44.3	47.7	43.5	44.7
	2004	53.2	44.5	47.0	41.1	41.7	44.8	49.1	42.4	44.7
	2005	51.5	43.7	44.3	43.7	45.8	40.6	45.8	41.5	44.2
	2006	44.2	42.9	43.0	37.0	40.5	37.2	39.8	44.2	40.8
Females	2001	40.0	35.5	41.5	38.2	37.1	41.1	38.4	41.5	37.7
	2002	44.1	38.3	43.8	38.0	35.7	34.8	38.2	41.6	38.4
	2003	46.2	39.2	43.8	38.2	39.2	39.8	42.9	46.0	40.8
	2004	48.3	40.9	42.6	36.6	37.4	37.2	43.7	43.0	40.8
	2005	46.6	39.7	39.2	36.0	38.7	36.8	39.9	44.4	39.4
	2006	41.4	35.0	39.7	33.4	37.2	30.9	41.6	43.3	37.4
Persons	2001	43.6	38.7	44.9	39.4	40.2	42.7	40.4	42.2	39.9
	2002	46.1	41.3	44.5	40.9	39.3	38.4	40.2	42.0	40.9
	2003	48.2	41.5	44.6	39.6	43.5	42.0	45.3	44.8	42.7
	2004	50.7	42.7	44.9	38.8	39.5	40.9	46.4	42.7	42.7
	2005	49.1	41.7	41.9	39.8	42.2	38.7	42.8	43.0	41.8
	2006	42.7	38.9	41.5	35.2	38.8	34.0	40.7	43.8	39.1

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

Table 54: Participation compared to 12 months ago

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Pre-Games number ('000) (a)									
Increased	71.0	1,215.0	32.0	668.0	252.0	71.0	977.0	415.0	3,702.0
Stayed the same	111.0	2,210.0	61.0	1,231.0	523.0	177.0	1,666.0	646.0	6,626.0
Decreased	47.0	870.0	21.0	568.0	221.0	57.0	677.0	286.0	2,748.0
Don't know	*1.0	—	—	—	—	—	*16.0	**2.0	*18.0
TOTAL	230.0	4,295.0	115.0	2,468.0	996.0	305.0	3,336.0	1,348.0	13,094.0
Pre-Games proportion of each category (column %) (a)									
Increased	31.0	28.0	28.0	27.0	25.0	23.0	29.0	31.0	29.0
Stayed the same	48.0	51.0	53.0	50.0	53.0	58.0	50.0	48.0	50.0
Decreased	20.0	20.0	18.0	23.0	22.0	19.0	20.0	21.0	*20
Don't know	*0	—	—	—	—	—	*0	**0	*0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Post-Games number ('000) (b)									
Increased	70.0	1,129.0	35.0	829.0	232.0	81.0	983.0	433.0	3,791.0
Stayed the same	116.0	2,346.0	58.0	1,270.0	560.0	184.0	1,674.0	670.0	6,878.0
Decreased	44.0	932.0	27.0	497.0	225.0	58.0	764.0	303.0	2,851.0
Refused	—	—	—	**2.0	—	—	—	—	**2.0
Don't know	*1.0	—	—	—	**1.0	**1.0	**7.0	—	*9.0
TOTAL	230.0	4,407.0	120.0	2,598.0	1,018.0	324.0	3,429.0	1,407.0	13,533.0
Post-Games proportion of each category (column %) (b)									
Increased	30.0	26.0	29.0	32.0	23.0	25.0	29.0	31.0	28.0
Stayed the same	50.0	53.0	48.0	49.0	55.0	57.0	49.0	48.0	51.0
Decreased	19.0	21.0	23.0	19.0	22.0	18.0	22.0	22.0	21.0
Refused	—	—	—	**0	—	—	—	—	**0.0
Don't know	*0.0	—	—	—	**0.0	**0.0	**0.0	—	*0.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in November 2005 and February 2006 (pre-Commonwealth Games)

(b) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in May 2006 and November 2006 (post-Commonwealth Games)

* 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 55: Reason participation increased (pre-Commonwealth Games) (a)

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
	Number ('000)								
Reasons									
Time – has more free time	10.0	153.0	3.0	96.0	33.0	9.0	226.0	48.0	577.0
Time – more convenient timetables	*2.0	*10.0	**0	*10.0	–	–	*9.0	*6.0	39.0
Transport/Geographical location	*2.0	*16.0	*1.0	*16.0	*5.0	*3.0	29.0	*9.0	81.0
Health or age	40.0	742.0	20.0	404.0	161.0	39.0	488.0	248.0	2,142.0
Level of interest	10.0	120.0	3.0	82.0	28.0	9.0	153.0	41.0	445.0
Social interaction	7.0	110.0	3.0	82.0	15.0	6.0	88.0	38.0	350.0
Cost	–	–	–	*11.0	–	–	**4.0	**2.0	*17.0
Commonwealth Games	–	–	–	–	**1.0	–	–	–	**1.0
Children/Pregnancy	3.0	72.0	*1.0	*16	13.0	*3.0	90.0	24.0	220.0
Job/School	*2.0	*11.0	*1.0	30.0	*7.0	*3.0	*25.0	*6.0	85.0
Pets	*1.0	*16.0	*1.0	24.0	*8.0	**1.0	*17.0	20.0	88.0
Refused	–	**2.0	–	–	–	–	–	–	**2.0
Other (specify)	7.0	167.0	3.0	44.0	27.0	7.0	85.0	53.0	393.0
Don't know	*1.0	*10.0	*1.0	*10.0	–	*2.0	*5.0	*11.0	40.0
	Proportion of each category (%)								
Reasons									
Time – has more free time	14.0	13.0	9.0	14.0	13.0	12.0	23.0	12.0	16.0
Time – more convenient timetables	*3.0	*1.0	**1.0	*2.0	–	–	*1.0	*1.0	1.0
Transport/Geographical location	*3.0	*1.0	*3.0	*2.0	*2.0	*4.0	3.0	*2.0	2.0
Health or age	57.0	61.0	61.0	60.0	64.0	55.0	50.0	60.0	58.0
Level of interest	14.0	10.0	8.0	12.0	11.0	13.0	16.0	10.0	12.0
Social interaction	10.0	9.0	10.0	12.0	6.0	9.0	9.0	9.0	9.0
Cost	–	–	–	*2.0	–	–	**0	**0	*0
Commonwealth Games	–	–	–	–	**1.0	–	–	–	**0
Children/Pregnancy	4.0	6.0	*2.0	*2.0	5.0	*4.0	9.0	6.0	6.0
Job/School	*3.0	*1.0	*2.0	5.0	*3.0	*5.0	*3.0	*1.0	2.0
Pets	*1.0	*1.0	*2.0	4.0	*3.0	**2.0	*2.0	5.0	2.0
Refused	–	**0	–	–	–	–	–	–	**0
Other (specify)	10.0	14.0	8.0	7.0	11.0	11.0	9.0	13.0	11.0
Don't know	*1.0	*1.0	*3.0	*1.0	–	*3.0	**0	*3.0	1.0

(a) Participants who have increased the amount of time they spend participating in exercise, recreation and sport compared with 12 months ago prior to interview in November 2005 and February 2006 (pre-Commonwealth Games)

* 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 56: Reason participation increased (post-Commonwealth Games) (a)

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
	Number ('000)								
Reasons									
Time – has more free time	7.0	149.0	5.0	89.0	25.0	12.0	122.0	38.0	446.0
Time – more convenient timetables	–	36.0	2.0	*12.0	*4.0	**1.0	*20.0	*5.0	79.0
Transport/Geographical location	*1.0	*28.0	2.0	35.0	*5.0	*3.0	63.0	15.0	153.0
Health or age	45.0	676.0	17.0	500.0	152.0	42.0	563.0	266.0	2,261.0
Level of interest	12.0	108.0	6.0	122.0	29.0	13.0	111.0	52.0	451.0
Social interaction	8.0	65.0	3.0	53.0	*9.0	8.0	50.0	19.0	215.0
Cost	*1.0	*25.0	**0	*11.0	**2.0	**1.0	**4.0	*8.0	52.0
Commonwealth Games	–	–	–	–	–	–	*12.0	–	*12
Children/Pregnancy	4.0	114.0	3.0	62.0	12.0	6.0	63.0	45.0	309.0
Job/School	*2.0	**9.0	*1.0	30.0	*9.0	*3.0	41.0	20.0	114.0
Pets	*1.0	32.0	*1.0	*19.0	*3.0	*2.0	*15.0	**2.0	75.0
Other (specify)	*2.0	57.0	3.0	83.0	24.0	7.0	90.0	30.0	297.0
Don't know	*1.0	**7.0	*1.0	*13.0	*4.0	**1.0	*11.0	*7.0	45.0
	Proportion of each category (%)								
Reasons									
Time – has more free time	10.0	13.0	13.0	11.0	11.0	15.0	12.0	9.0	12.0
Time – more convenient timetables	–	3.0	6.0	*1.0	*2.0	**1.0	*2.0	*1.0	2.0
Transport/Geographical location	*2.0	*2.0	7.0	4.0	*2.0	*4.0	6.0	4.0	4.0
Health or age	65.0	60.0	48.0	60.0	66.0	52.0	57.0	61.0	60.0
Level of interest	17.0	10.0	16.0	15.0	12.0	16.0	11.0	12.0	12.0
Social interaction	11.0	6.0	8.0	6.0	*4.0	10.0	5.0	4.0	6.0
Cost	*1.0	*2.0	**1.0	*1.0	**1.0	**1.0	**0	*2.0	1.0
Commonwealth Games	–	–	–	–	–	–	*1.0	–	*0
Children/Pregnancy	6.0	10.0	9.0	7.0	5.0	7.0	6.0	10.0	8.0
Job/School	*3.0	**1.0	*3.0	4.0	*4.0	*3.0	4.0	5.0	3.0
Pets	*1.0	3.0	*4.0	*2.0	*1.0	*2.0	*2.0	**1.0	2.0
Other (specify)	*3.0	5.0	8.0	10.0	11.0	9.0	9.0	7.0	8.0
Don't know	*1.0	**1.0	*2.0	*2.0	*2.0	**1.0	*1.0	*2.0	1.0

(a) Participants who have increased the amount of time they spend participating in exercise, recreation and sport compared with 12 months ago prior to interview in May 2006 and November 2006 (post-Commonwealth Games)

* 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 57: I am now participating in an activity that I was not participating in 12 months ago

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Pre-Games number ('000) (a)									
Yes	65.0	1,161.0	29.0	643.0	271.0	64.0	811.0	371.0	3,415.0
No	165.0	3,134.0	85.0	1,825.0	726.0	241.0	2,525.0	978.0	9,678.0
TOTAL	230.0	4,295.0	115.0	2,468.0	996.0	305.0	3,336.0	1,348.0	13,094.0
Pre-Games proportion of each category (column %) (a)									
Yes	28.0	27.0	26.0	26.0	27.0	21.0	24.0	27.0	26.0
No	72.0	73.0	74.0	74.0	73.0	79.0	76.0	73.0	74.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Post-Games number ('000) (b)									
Yes	62.0	1,122.0	30.0	680.0	263.0	68.0	843.0	371.0	3,438.0
No	168.0	3,285.0	91.0	1,918.0	755.0	256.0	2,586.0	978.0	10,095.0
TOTAL	230.0	4,407.0	120.0	2,598.0	1,018.0	324.0	3,429.0	1,348.0	13,533.0
Post-Games proportion of each category (column %) (b)									
Yes	27.0	25.0	25.0	26.0	26.0	21.0	25.0	26.0	25.0
No	73.0	75.0	75.0	74.0	74.0	79.0	75.0	74.0	75.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in November 2005 and February 2006 (pre-Commonwealth Games)

(b) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in May 2006 and November 2006 (post-Commonwealth Games)

* 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 58: I am no longer participating in an activity that I was participating in 12 months ago

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Pre-Games number ('000) (a)									
Yes	47.0	891.0	24.0	541.0	209.0	51.0	634.0	371.0	2,652.0
No	184.0	3,403.0	91.0	1,927.0	787.0	254.0	2,702.0	978.0	10,442.0
TOTAL	230.0	4,295.0	115.0	2,468.0	996.0	305.0	3,336.0	1,348.0	13,094.0
Pre-Games proportion of each category (column %) (a)									
Yes	20.0	21.0	21.0	21.0	27.0	17.0	19.0	19.0	20.0
No	80.0	79.0	79.0	79.0	73.0	83.0	81.0	81.0	80.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Post-Games number ('000) (b)									
Yes	46.0	902.0	29.0	487.0	210.0	51.0	649.0	253.0	2,626.0
No	184.0	3,505.0	91.0	2,111.0	808.0	274.0	2,780.0	1,154.0	10,906.0
TOTAL	230.0	4,407.0	120.0	2,598.0	1,018.0	324.0	3,429.0	1,407.0	13,533.0
Post-Games proportion of each category (column %) (b)									
Yes	20.0	20.0	24.0	19.0	21.0	16.0	19.0	18.0	19.0
No	80.0	80.0	76.0	81.0	79.0	84.0	81.0	82.0	81.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in November 2005 and February 2006 (pre-Commonwealth Games)

(b) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in May 2006 and November 2006 (post-Commonwealth Games)

Table 59: Reasons for why 'I am now participating in an activity that I wasn't participating in 12 months ago' (pre-Commonwealth Games) (a)

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
	Number ('000)								
Reasons									
Time – has more free time	6.0	83.0	2.0	35.0	13.0	5.0	78.0	36.0	259.0
Time – more convenient timetables	*1.0	42.0	*1.0	**4.0	–	**0	35.0	*11.0	94.0
Transport/Geographical location	*1.0	**3.0	*1.0	*12.0	11.0	*3.0	*25.0	*8.0	63.0
Health or age	32.0	666.0	15.0	394.0	168.0	36.0	448.0	230.0	1,989.0
Level of interest	14.0	191.0	5.0	90.0	49.0	11.0	120.0	44.0	523.0
Social interaction	13.0	185.0	5.0	117.0	48.0	10.0	136.0	56.0	570.0
Cost	–	**4.0	–	–	*4.0	–	–	**2.0	*10.0
Commonwealth Games	–	–	–	–	–	–	–	–	–
Children/Pregnancy	*1.0	27.0	2.0	30.0	11.0	*3.0	42.0	14.0	129.0
Job/School	3.0	29.0	*1.0	*12.0	*9.0	*2.0	*9.0	*7.0	72.0
Pets	*1.0	*26.0	**0	*9.0	*3.0	**1.0	*16.0	12.0	69.0
Refused	–	–	–	–	–	–	**5.0	–	**5.0
Other (specify)	6.0	102.0	*1.0	48.0	10.0	5.0	28.0	*10.0	211.0
Don't know	–	*23.0	**0	*8.0	–	–	*11.0	–	43.0
	Proportion of each category (%)								
Reasons									
Time – has more free time	9.0	7.0	8.0	6.0	5.0	8.0	10.0	10.0	8.0
Time – more convenient timetables	*1.0	4.0	*2.0	**1.0	–	**1.0	4.0	*3.0	3.0
Transport/Geographical location	*2.0	**0	*5.0	*2.0	4.0	*5.0	*3.0	*2.0	2.0
Health or age	49.0	57.0	49.0	61.0	62.0	57.0	55.0	62.0	58.0
Level of interest	22.0	16.0	18.0	14.0	18.0	17.0	15.0	12.0	15.0
Social interaction	20.0	16.0	18.0	18.0	18.0	16.0	17.0	15.0	17.0
Cost	–	**0	–	–	*2.0	–	–	**0	*0
Commonwealth Games	–	–	–	–	–	–	–	–	–
Children/Pregnancy	*2.0	2.0	6.0	5.0	4.0	*5.0	5.0	4.0	4.0
Job/School	5.0	2.0	*2.0	*2.0	*3.0	*3.0	*1.0	*2.0	2.0
Pets	*2.0	*2.0	**1.0	*1.0	*1.0	**2.0	*2.0	3.0	2.0
Refused	–	–	–	–	–	–	**1.0	–	**0
Other (specify)	10.0	9.0	*3.0	7.0	4.0	8.0	3.0	*3.0	6.0
Don't know	–	*2.0	**1.0	*1.0	–	–	*1.0	–	1.0

(a) Participants who are participating in an activity that they were not participating in 12 months ago prior to interview in November 2005 and February 2006 (pre-Commonwealth Games)

* 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 60: Reasons for why 'I am now participating in an activity that I was not participating in 12 months ago' (post-Commonwealth Games) (a)

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
	Number ('000)								
Reasons									
Time – has more free time	3.0	76.0	*1.0	50.0	16.0	*3.0	69.0	29.0	249.0
Time – more convenient timetables	*1.0	34.0	3.0	*12.0	*4.0	**1.0	26.0	**2.0	82.0
Transport/Geographical location	*1.0	37.0	2.0	*21.0	*6.0	**1.0	32.0	25.0	126.0
Health or age	38.0	621.0	15.0	387.0	153.0	36.0	492.0	237.0	1,979.0
Level of interest	10.0	195.0	5.0	152.0	48.0	10.0	119.0	60.0	600.0
Social interaction	11.0	137.0	5.0	75.0	29.0	12.0	118.0	38.0	425.0
Cost	*2.0	*19.0	**0	*19.0	*5.0	**0	**4.0	*7.0	56.0
Commonwealth Games	–	–	–	–	–	–	–	–	–
Children/Pregnancy	3.0	82.0	2.0	36.0	*5.0	4.0	34.0	22.0	189.0
Job/School	*2.0	*9.0	2.0	*13.0	*9.0	*2.0	26.0	15.0	77.0
Pets	*1.0	–	*1.0	**3.0	**2.0	**1.0	*12.0	–	*19.0
Other (specify)	4.0	109.0	4.0	53.0	17.0	8.0	74.0	22.0	291.0
Don't know	–	29.0	**0	–	*6.0	**1.0	–	*6.0	42.0
	Proportion of each category (%)								
Reasons									
Time – has more free time	5.0	7.0	*5.0	7.0	6.0	*5.0	8.0	8.0	7.0
Time – more convenient timetables	*1.0	3.0	9.0	*2.0	*2.0	**1.0	3.0	**0	2.0
Transport/Geographical location	*2.0	3.0	6.0	*3.0	*2.0	**2.0	4.0	7.0	4.0
Health or age	62.0	55.0	52.0	57.0	58.0	53.0	58.0	64.0	58.0
Level of interest	16.0	17.0	18.0	22.0	18.0	15.0	14.0	16.0	17.0
Social interaction	18.0	12.0	17.0	11.0	11.0	17.0	14.0	10.0	12.0
Cost	*3.0	*2.0	**1.0	*3.0	*2.0	**1.0	**1.0	*2.0	2.0
Commonwealth Games	–	–	–	–	–	–	–	–	–
Children/Pregnancy	5.0	7.0	8.0	5.0	*2.0	6.0	4.0	6.0	5.0
Job/School	*3.0	*1.0	6.0	*2.0	*4.0	*3.0	3.0	4.0	2.0
Pets	*1.0	–	*3.0	**0	**1.0	**2.0	*1.0	–	*1.0
Other (specify)	6.0	10.0	13.0	8.0	6.0	12.0	9.0	6.0	8.0
Don't know	–	3.0	**2.0	–	*2.0	**1.0	–	*2.0	1.0

(a) Participants who are participating in an activity that they were not participating in 12 months ago prior to interview in May 2006 and November 2006 (post-Commonwealth Games)

* 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 61: Influenced by Melbourne hosting the Commonwealth Games to spend more time participating in exercise, recreation, and/or sport

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Pre-Games number ('000) (a)									
Yes	3.0	48.0	3.0	16.0	15.0	2.0	102.0	16.0	205.0
No	68.0	1,166.0	30.0	652.0	236.0	69.0	875.0	400.0	3,496.0
TOTAL	71.0	1,215.0	32.0	668.0	251.0	71.0	977.0	415.0	3,701.0
Pre-Games proportion of each category (column %) (a)									
Yes	4.0	4.0	8.0	2.0	6.0	3.0	10.0	4.0	6.0
No	96.0	96.0	92.0	98.0	94.0	97.0	90.0	96.0	94.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Post-Games number ('000) (b)									
Yes	3.0	83.0	2.0	66.0	10.0	7.0	104.0	10.0	296.0
No	67.0	1,046.0	33.0	763.0	222.0	74.0	866.0	222.0	3,483.0
TOTAL	70.0	1,129.0	35.0	829.0	232.0	81.0	971.0	232.0	3,779.0
Post-Games proportion of each category (column %) (b)									
Yes	4.0	7.0	6.0	8.0	4.0	9.0	11.0	5.0	8.0
No	96.0	93.0	94.0	92.0	96.0	91.0	89.0	95.0	92.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Participants who have increased the amount of time they spend participating in exercise, recreation and sport compared with 12 months ago and did not provide Commonwealth Games as a reason prior to interview in November 2005 and February 2006 (pre-Commonwealth Games)

(b) Participants who have increased the amount of time they spend participating in exercise, recreation and sport compared with 12 months ago and did not provide Commonwealth Games as a reason prior to interview in May 2006 and November 2006 (post-Commonwealth Games)

Table 62: Influenced by Melbourne host the Commonwealth Games to take up a new exercise, recreation and/or sport

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Pre-Games number ('000) (a)									
Yes	3.0	35.0	2.0	*16.0	16.0	4.0	94.0	*6.0	175.0
No	62.0	1,126.0	28.0	628.0	255.0	61.0	717.0	365.0	3,240.0
TOTAL	65.0	1,161.0	29.0	643.0	271.0	64.0	811.0	371.0	3,415.0
Pre-Games proportion of each category (column %) (a)									
Yes	5.0	3.0	6.0	*2.0	6.0	6.0	12.0	*2.0	5.0
No	95.0	97.0	94.0	98.0	94.0	94.0	88.0	98.0	95.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Post-Games number ('000) (b)									
Yes	*1.0	65.0	*1.0	50.0	*7.0	*3.0	67.0	15.0	209.0
No	61.0	1,057.0	28.0	630.0	256.0	66.0	775.0	355.0	3,229.0
TOTAL	62.0	1,122.0	30.0	680.0	263.0	68.0	843.0	370.0	3,438.0
Post-Games proportion of each category (column %) (b)									
Yes	*2.0	6.0	*4.0	7.0	*3.0	*4.0	8.0	4.0	6.0
No	98.0	94.0	96.0	93.0	97.0	96.0	92.0	96.0	94.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Participants who are now participating in activities they were not participating in 12 months ago and did not give the Commonwealth Games as a reason prior to interview in November 2005 and February 2006 (pre-Commonwealth Games)

(b) Participants who are now participating in activities they were not participating in 12 months ago and did not give the Commonwealth Games as a reason prior to interview in May 2006 and November 2006 (post-Commonwealth Games)

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

Table 63: Influence of Commonwealth Games on people's attitude towards Australia

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Pre-Games number ('000) (a)									
More positive	61.0	1,290.0	30.0	660.0	284.0	70.0	1,045.0	354.0	3,795.0
No difference	166.0	2,950.0	83.0	1,753.0	702.0	230.0	2,152.0	973.0	9,007.0
More negative	*2.0	37.0	*1.0	37.0	*8.0	4.0	113.0	14.0	216.0
Don't know	*2.0	*17.0	—	*19.0	**2.0	**1.0	26.0	*7.0	75.0
TOTAL	230.0	4,295.0	115.0	2,468.0	996.0	305.0	3,336.0	1,348.0	13,094.0
Pre-Games proportion of each category (column %) (a)									
More positive	27.0	30.0	26.0	27.0	29.0	23.0	31.0	26.0	29.0
No difference	72.0	69.0	72.0	71.0	70.0	75.0	64.0	72.0	69.0
More negative	*1.0	1.0	*1.0	1.0	*1.0	1.0	3.0	1.0	2.0
Don't know	*1.0	*0	—	*1.0	**0	**0	1.0	*1.0	1.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Post-Games number ('000) (b)									
More positive	59.0	1,316.0	30.0	699.0	333.0	93.0	1,401.0	421.0	4,352.0
No difference	162.0	2,994.0	88.0	1,833.0	672.0	228.0	1,995.0	960.0	8,931.0
More negative	6.0	58.0	*1.0	35.0	*8.0	*3.0	27.0	*11.0	148.0
Don't know	3.0	39.0	*1.0	31.0	*4.0	**1.0	**6.0	14.0	101.0
TOTAL	230.0	4,407.0	120.0	2,598.0	1,018.0	324.0	3,429.0	1,407.0	13,533.0
Post-Games proportion of each category (column %) (b)									
More positive	26.0	30.0	25.0	27.0	33.0	29.0	41.0	30.0	32.0
No difference	70.0	68.0	73.0	71.0	66.0	70.0	58.0	68.0	66.0
More negative	3.0	1.0	*1.0	1.0	*1.0	*1.0	1.0	*1.0	1.0
Don't know	1.0	1.0	*1.0	1.0	*0.0	**0.0	**0.0	1.0	1.0
TOTAL	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in November 2005 and February 2006

(b) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in May 2006 and November 2006

* 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

8 Explanatory notes

8.1 Introduction

ERASS collects information on participation in physical activity for exercise, recreation and sport by the Australian population. Participation is restricted to active 'playing' participation and does not include non-playing participation such as coaching, refereeing and being a spectator, 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 2006 were compiled by aggregating the four quarterly surveys conducted in February, May, August and November.

8.2 Scope

The survey collects information on persons who participated in exercise, recreation and sport in the 12 months prior to interview. The scope of the survey was all persons aged 15 years and over in occupied private dwellings (excludes people in special dwellings such as hospitals, hotels, nursing homes, etc.).

8.3 Methodology

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

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

Total sample: The total sample of records used to produce estimates for 2006 was 13,710 persons.

Overall response rate: The overall response rate is 42%. The response rate is the number of completed interviews divided by the number of contacts plus those where there was no answer after six calls.

8.4 Questionnaire

The questionnaire covers three main areas:

- physical activity for exercise, recreation and sport over the last 12 months — identifying up to ten different types of activities participated in over the last 12 months, and for each type of activity determining whether it was organised by a club or association, the type of club or association and the number of times that activity was engaged in over the last 12 months

- physical activity for exercise, recreation and sport over the last two weeks — identifying the frequency and duration of participation in the three activities that the respondent participated in during the two weeks prior to interview for the three activities they participated in most over the 12 months prior to interview. This section was first added in 2005 and was again collected in 2006
- demographics — covers sex, age, marital status, number and age of children, educational qualifications, employment status, Indigenous status, language spoken at home and postcode.

A copy of the questionnaire is in Section 9.

8.5 Comparability of the data

The survey was first conducted in 2001. This publication provides results from the sixth annual survey, which was conducted in 2006. The survey will also be conducted in 2007, which will allow a comparison of participation in physical activity for exercise, recreation and sport over a seven-year period.

ERASS is not comparable with data collected through other surveys of participation in physical activity. In particular, the data cannot be directly compared with participation surveys conducted by the Australian Bureau of Statistics (for example, 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.

8.6 Standard errors and relative standard errors

Since the estimates presented in the tables are based on information obtained from persons from a sample of households selected randomly by telephone number, they are subject to sampling variability; that is, they may differ from those that would have been produced if all households had been included in the survey.

One measure of the likely difference is given by the standard error (SE), which indicates the extent to which an estimate might have varied by chance because only a sample of households was included. There are about two chances in three (67%) that a sample estimate will vary by less than one standard error from the number that would have been obtained if all households had been included, and about 19 chances in 20 (95%) that the difference will be less than two standard errors.

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

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

For the tables provided in this publication, only estimates with relative standard errors of less than 25% are considered sufficiently reliable for most purposes. However, estimates with relative standard errors between 25% and 50% have been included and are preceded by an asterisk (for example, *13.5) to indicate that they should be treated with caution and viewed as being merely indicative of the magnitude involved. Estimates with relative standard errors greater than 50% are preceded by a double asterisk (for example, **3.6) and are subject to sampling error too high for most practical purposes.

The table following this section 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 preceded by a single asterisk and used with caution, and an estimate less than 9,083 should be preceded by a double asterisk and will be considered too unreliable for general use.

8.7 Significance testing

When differences are detected between statistics, it is important to test to determine if those perceived differences are statistically significant. For example, in New South Wales 42.7% and 41.7% of the population participated in organised physical activities for exercise, recreation and sport in 2004 and 2005 respectively. While on face value it may appear that this participation rate has decreased by 1% between 2004 and 2005, statistical tests identify that there is not enough evidence to substantiate this. That is, the sample sizes are too small to reliably detect a difference of this size.

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

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

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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

9 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 Q7 |
| Don't know | 9 | Go to Q7 |

Q2 What activities did you participate in?

Up to maximum of ten activities to be coded

For each activity — ask Q3–Q5

Q3 Was any of this (activity) organised by a club, association or other type of organisation?

- | | | |
|-----------------------------|---|----------|
| Yes, all (organised) | 1 | Go to Q4 |
| Yes, some (organised) | 2 | Go to Q4 |
| No | 3 | Go to Q5 |
| Don't know | 9 | Go to Q5 |

Q4 What type of club, association or organisation organised the (activity)?

(multiple response)

- Fitness, leisure or indoor sports centre that required payment for participation 1
- Sport or recreation club or association that required payment of membership, fees or registration 2
- Work 3
- School 4
- Other (specify) 8

Q5 Including any practice or training, approximately how many times did you participate in (activity) during the last 12 months?

Record actual number

[Ask Q6a and Q6b only for the 'top three sports' based on the frequency of activities reported at Q5]

- Q6a Now thinking about the activities you have mentioned, during the last two weeks, how many sessions of [activity 1, 2, 3] did you participate in?
- Q6b On average, how long was each session of [activity 1, 2, 3] during the two-week period?
- CW1 Compared to 12 months ago (that is, from <current month> last year onwards), has the amount of time you spend participating in exercise, recreation and sport increased, decreased or stayed the same?
- Increased 1 Go to CW2
- Stayed the same2 Go to CW3
- Decreased 3 Go to CW3
- Refused 7 Go to CW3
- Don't know 9 Go to CW3
- CW2 For what reasons has your participation increased? [What sparked that interest?]
- Time — has more free time 1
- Time — more convenient timetables 2
- Transport/geographical location 3
- Health or age 4
- Level of interest 5
- Social interaction 6
- Cost 7
- Commonwealth Games 8
- Children/pregnancy 9
- Job/school 10
- Pets 11
- Refused 97
- Other (specify) 98
- Don't know99
- CW3 I am now going to read out two statements that might apply to your participation in physical activities for exercise, recreation and sport. Could you please tell me if any of the following apply to you?
- CW3a I am **now** participating in an activity that I **was not** participating in 12 months ago.
- Yes 1
- No2

CW3b I am **no longer** participating in an activity that I **was** participating in 12 months ago.

- Yes1
- No2

CW4 [ONLY COMPLETE IF CW3a = 1]

For what reasons have you taken up a new activity? [What sparked that interest?]

- Time — has more free time 1
- Time — more convenient timetables 2
- Transport/geographical location 3
- Health or age 4
- Level of interest 5
- Social interaction 6
- Cost 7
- Commonwealth Games 8
- Children/pregnancy9
- Job/school 10
- Pets 11
- Refused 97
- Other (specify) 98
- Don't know 99

CW5 [SKIP TO Q7 IF CW1 ≠ 1 AND CW3a = 2]

Would you say that Melbourne hosting the Commonwealth Games this year influenced your decision to:

CW5a [ONLY COMPLETE IF CW1 = 1 AND CW2 ≠ 8]

Spend more time participating in exercise, recreation and/or sport

- Yes1
- No2

CW5b [ONLY COMPLETE IF CW3a = 1 AND CW4 ≠ 8]

Take up a new exercise, recreation and/or sport

- Yes1
- No2

CW6	Thinking about the Commonwealth Games in Melbourne this year, have the Games made you feel more positive about Australia, more negative about Australia or made no difference to how you feel?	
	More positive	1
	No difference	2
	More negative	3
	Don't know	9
Q7	Sex of respondent	
	Male	1
	Female	2
Q8	What is your current age?	
	(Record age)	
Q9	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
Q10	Do you have any children under 18 years of age?	
	Yes	1 Go to Q11
	No	2 Go to Q13
Q11	How many of these children are living with you? (Record actual number. If zero then go to Q13)	
Q12	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)	

- Q13 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
- Q14 Do you have a full-time or part-time job of any kind?
- Yes 1 Go to Q15
- No 2 Go to Q17
- Q15 Do you have more than one job?
- Yes 1
- No 2
- Q16 How many hours a week do you usually work (in all jobs)?
- Go to Q18
- Q17 Did you look for work at any time in the last four weeks?
- Yes 1
- No 2
- Q18 Which language or languages do you speak at home? (Please indicate all languages spoken)
- Q19 Are you of Aboriginal or Torres Strait Islander origin?
- Q20 What is the postcode of the suburb/area where you live? (Record postcode)

Questionnaire attachment — List of activities

1	Calisthenics	31	Cricket (indoor)
2	Chinese exercise	32	Cricket (outdoor) — Vigoro
3	Exercise bike	33	Croquet
4	Gymnasium workouts	34	Cycling
5	Military exercise	35	BMX
6	Prime movers=>50s	36	Mountain bike
7	Step Reebok	37	Darts
8	Aerobics/exercising/other	38	Football — Australian rules
9	Aerobatics	39	Football — gridiron (US)
10	Ballooning	40	Football — rugby league
11	Gliding	41	Football — sevens
12	Gyroplane flying	42	Football — modball
13	Hang gliding	43	Football — rugby union
14	Model aeroplane flying	44	Football — soccer (indoor)
15	Ultralight flying	45	Football — fluffy ball
16	Air sports — other	46	Football — futsal
17	Archery	47	Football — soccer (outdoor)
18	Bow hunting	48	Football — touch
19	Athletics — track and field	49	Football — Austag
20	Badminton	50	Golf
21	Baseball	51	Gymnastics
22	Basketball (indoor and outdoor)	52	Trampolining
23	Billiards	53	Hockey (indoor)
24	Pool	54	Hockey (outdoor)
25	Snooker	55	Horseriding/equestrian activities
26	Bocce/French bowls (outdoor)	56	Blade-skating
27	Boxing	57	Ice hockey
28	Canoeing	58	Ice skating
29	Kayaking	59	Snow skiing
30	Carpet bowls	60	Ice/snow sports — other

61	Lacrosse (outdoor)	94	Softball
62	Lawn bowls	95	Squash
63	Chi kung	96	Surf lifesaving/Royal lifesaving
64	Eastern — judo	97	Sailboarding
65	Judo	98	Windsurfing
66	Karate	99	Surfing
67	Kickboxing	100	Surf sports — other
68	Taekwondo	101	Diving (board)
69	Tai Chi	102	Swimming
70	Yoga	103	Table tennis
71	Martial arts — other	104	Tennis (outdoor)
72	Motor sports — go-karting	105	Tenpin bowling
73	Motor sports — track	106	Triathlons
74	Motor sports — trail bike	107	Volleyball (indoor) — rebound
75	Motor sports — other	108	Newcombe ball
76	Netball (indoor)	109	Volleyball (outdoor)
77	Netball (outdoor)	110	Jet skiing
78	Cross-country running	111	Powerboating
79	Orienteering	112	Waterskiing
80	Rogaining	113	Wrestling
81	Rodeo	114	Tennis (indoor)
82	Inline hockey	115	Lacrosse (indoor)
83	Rollerblading	116	Canoe polo
84	Skateboarding	117	Bodybuilding
85	Roller sports — other	118	Circuits
86	Rowing	119	Power team
87	Jogging	120	Weight training for fitness — other
88	Running (for example, marathon)	121	Ballet
89	Sailing (outrigging)	122	Boot scooting
90	Hunting	123	Dancing — other
91	Paintball shooting	124	Fishing
92	Pistol shooting	125	Electric light cricket
93	Shooting sports — other	126	Wheelchair ice hockey

127	Scuba diving	147	Dog shows
128	Water polo	148	Sheepdog trials
129	Dog racing	149	Winter Olympics
130	Walking — bush	150	Marching
131	Walking — other (specify)	151	Aquarobics
133	Abseiling	152	Korfball
134	Caving	153	Underwater hockey
135	Rock climbing	154	Sofcrosse
136	Handball	155	Commonwealth Games
137	Fencing	156	Royal tennis
138	Gorilla ball	157	Broom ball
139	Racquet ball	158	Polocrosse
140	Ultimate frisbee	159	Leader ball
141	Gaelic football	160	Pigeon racing
142	Horseracing (strapping)	161	Weight-lifting (competition)
143	Teeball (T-ball)	162	Play
144	Boomerang throwing	163	Putt-putt golf
145	Water volleyball	164	Grockey
146	Woodchopping	165	Other activities (specify)

10 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 per week (in all jobs)

Employed part time

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

ERASS

Exercise, Recreation and Sport Survey

European language

A language originating, and primarily spoken, in a country lying within Europe. Includes Afrikaans

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

Indigenous people

People who identified themselves, or were identified by another household member, as being of Aboriginal and/or Torres Strait Islander origin

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

Non-European language

A language originating, and primarily spoken, in a country lying outside Europe. Includes Turkish and Russian

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

Per week

Statistics that identify the number of times persons participated 'per week' are calculated by dividing the number of times individuals participate in physical activity for exercise, recreation and sport during the 12 months prior to interview by 52 (that is, number of weeks in a year). This provides an average of the number of times persons participated 'per week'. However, it is possible that individuals that participate 'once per week' may not be regular participants throughout the 12 months prior to interview, as all their participation might be concentrated during one particular time period. For example, an individual who participates in cricket 52 times

over three months, but then in no other activity for the other nine months, would appear to participate in physical activity for exercise, recreation and sport once per week

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, rollerblading 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

11 References

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Australian Bureau of Statistics 2006a, 'The ABS and Indigenous Statistics theme page', ABS, Canberra, viewed 15 August 2006, www.abs.gov.au.

Australian Bureau of Statistics 2006b, *2006 Year Book Australia*, Cat. No. 1301.0, ABS, Canberra.

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