

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

- Yes 1
- No2

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

Take up a new exercise, recreation and/or sport

- Yes 1
- 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)