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Office for Recreation and Sport



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1 Introduction

The Exercise, Recreation and Sport Survey (ERASS) is a joint initiative of the Australian Sports Commission and the state and territory government agencies responsible for sport and recreation, and was first conducted in 2001. This publication presents results from the fifth annual ERASS collection, which was conducted in 2005.

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 or household chores.

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 2005, ACNielsen Research completed the fieldwork and supplied the data tables provided in this report. The report was then prepared by 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 (this information was collected for the first time in 2005)
- 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.

This year's ERASS Annual Report is presented differently from that of previous years. In the past, ERASS commentary has focused on participation statistics, namely persons who had participated in exercise, recreation and sport at least once in the 12 months prior to interview. This year, the report 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. New data tables presenting these participation statistics (that is, participating at least three times a week or more) have been included as well. All data tables provided in previous ERASS reports are presented at the end of this report.

2 Main findings

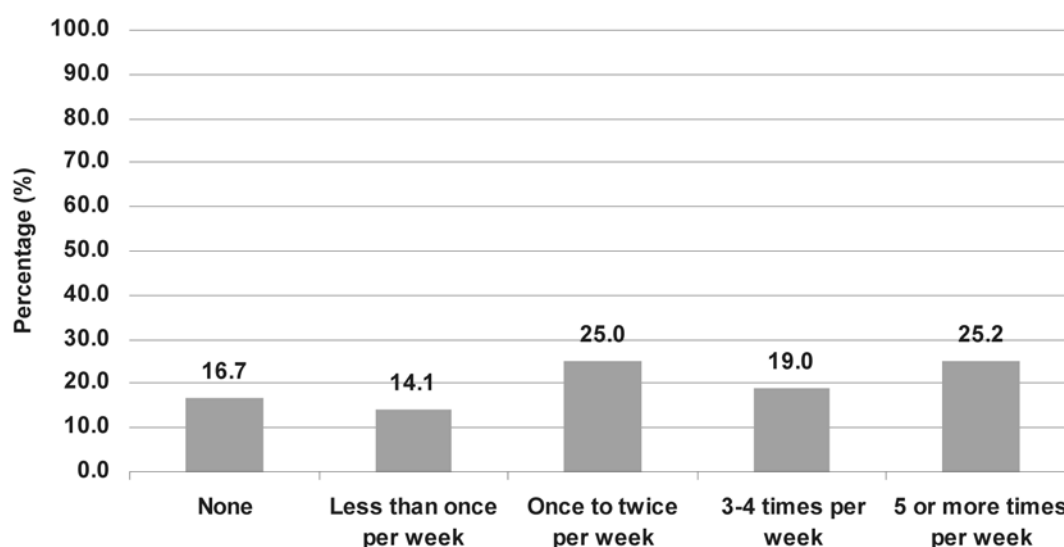
2.1 Overall participation

Overview

During the 12 months prior to interview in 2005, an estimated 11.1 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 69.2% (Table 6). Household or garden chores, or activities that were part of work were not included.

However, the participation rate drops markedly when higher frequency of involvement is considered. An estimated 7.1 million persons aged 15 years and over exercised three times a week or more (44.2%) (Table 6). A total of 4.9 million persons (30.8%) 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 4).

Figure 1: Weekly frequency of overall participation



Base: All persons aged 15 years and over (n=13,726)

Of the people that participated in physical activity for exercise, recreation and sport in the two weeks prior to interview, 31.0% participated for five hours or more, while an additional 38.4% participated for two hours or more, but less than five hours per week. The balance (30.6%) participated for less than two hours (Table 10).

Age and sex

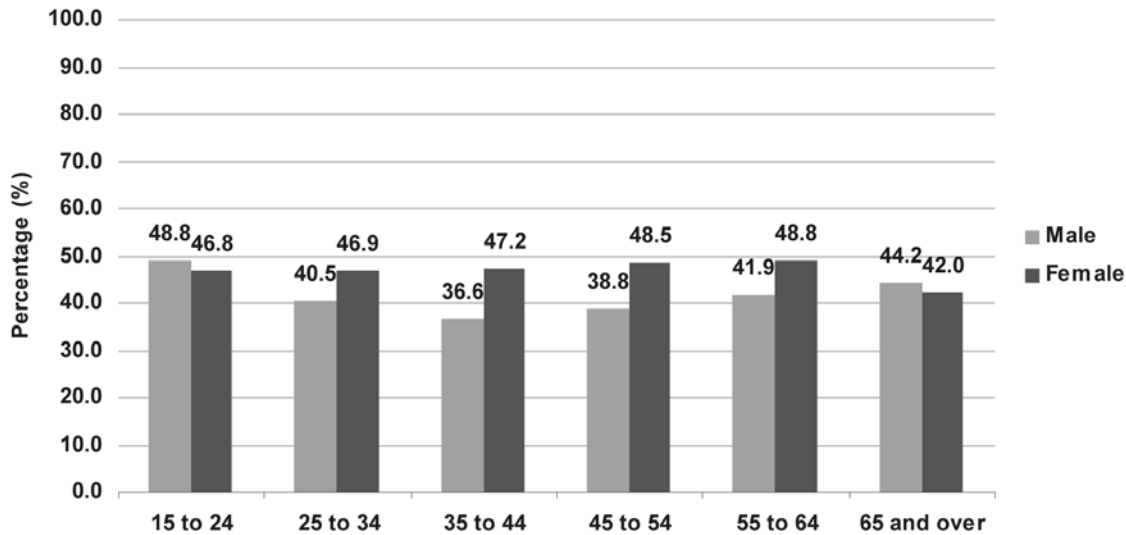
In 2005, females were more likely than males to participate three times a week or more in physical activity for exercise, recreation and sport (46.7% and 41.7% respectively) (Table 6).

People aged 15 to 24 were most likely to participate three times a week or more (47.8%), while those aged 35 to 44 were least likely (41.9%) (Table 6).

However, when participation rates for age groups and sex are considered together, slightly different patterns emerge. Roughly equal proportions of females participated three times a week or more across all age groups (ranging between 46.8% and 48.8% for 15 to 64 years olds, with a slight decrease to 42.0% for those aged 65 and over). Males, on the other hand, had higher participation rates in the youngest and oldest age groups, but showed a marked decrease in participation around the middle age groups (25 to 54) (Figure 2 and Table 6).

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

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

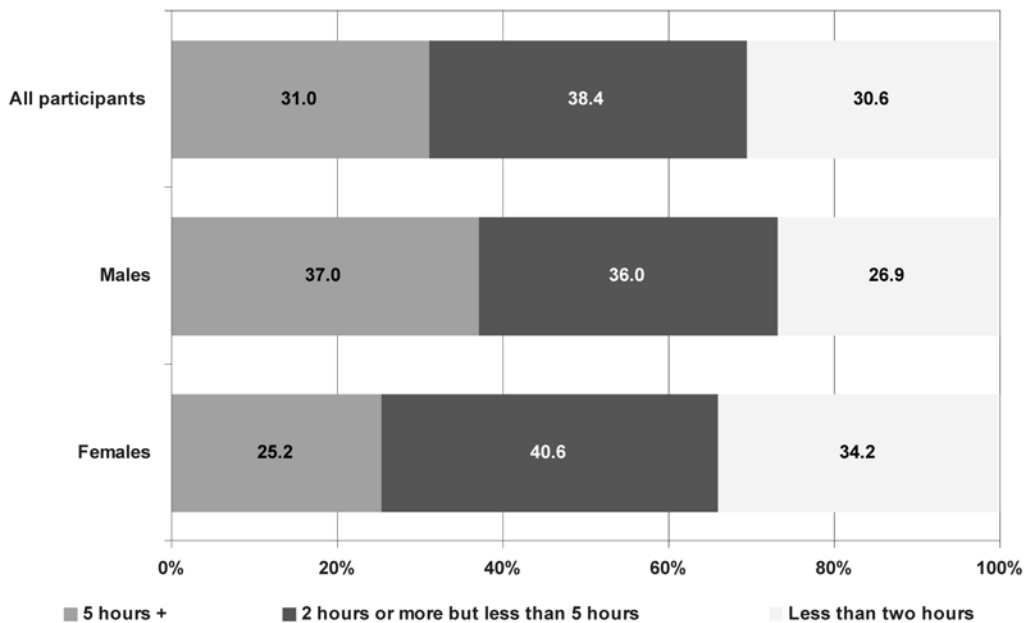


Base: All persons aged 15 years and over (n=13,726)

While females were more likely to participate more often than males, males who participated were more likely to participate for longer periods than females. Thirty-seven per cent of males (37.0%), who participated during the two weeks prior to interview, did so for five hours or more. This compared to only 25.2% of females (Figure 3).

Comparing duration of participation across the various age groups, older males tended to spend less time participating in physical activity for exercise, recreation and sport than younger males. The gap across the age groups was less pronounced for females (Tables 13 and 14).

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 (n=9,620)

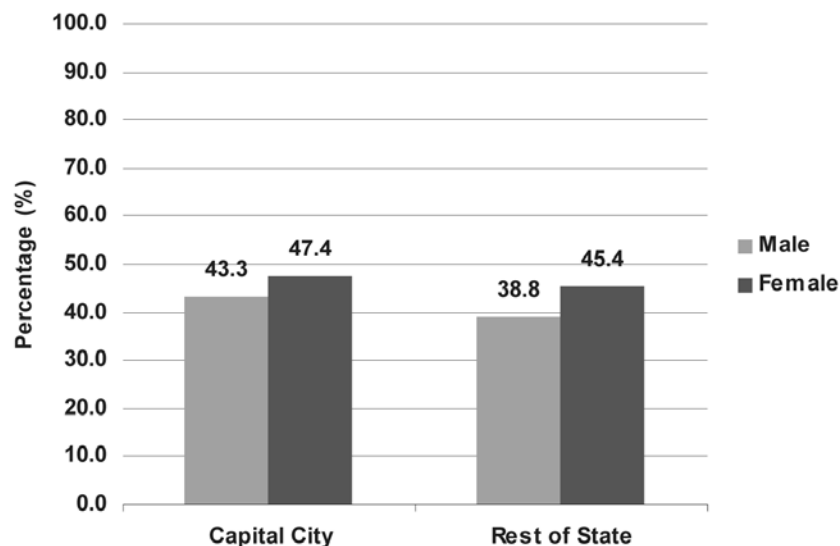
Labour force status

Those not in the labour force, including students and retired persons, had a similar rate of participation three times a week or more (43.5%) to those employed (44.4%) and unemployed (45.9%) (Table 2).

Regional status

Persons living in capital cities participated slightly more in physical activity for exercise, recreation and sport three times a week or more than those living in the rest of the state (45.4% and 42.1% respectively) (Table 2). In both areas, however, the level of participation three times a week or more 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=13,726)

Education

The level of participation three times a week or more increased with the level of educational attainment, from 35.7%² for those that never went to school to 50.2% for those with a university degree (Table 2). However, the highest participation rate was for those persons still at secondary school (53.4%).

Indigenous status

This part of the report presents statistics regarding the participation of Aboriginal and Torres Strait Islander peoples in exercise, recreation and sport. In 2005, ERASS collected information about the Indigenous status of participants for the first time. These statistics are presented in this report merely as a first step to building our understanding of the Indigenous population's participation in exercise, recreation and sport. However, it is important to note that they must be considered indicative only, and given the limitations of these statistics (described below), they should not be used as an information source to guide policy funding or development.

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 telephone³, 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.

2 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 XX for more information.

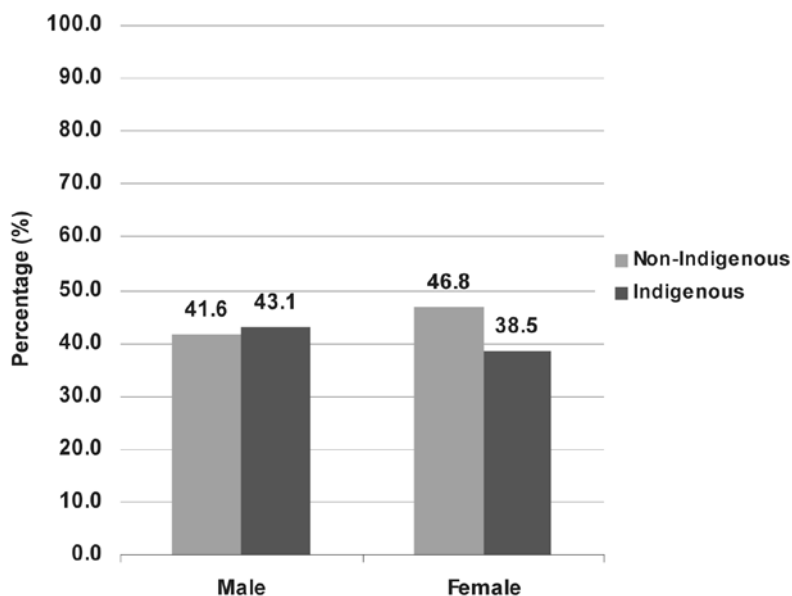
3 Approximately 97% of the Australian population have access to a working telephone in their home (ACNielsen 2006). This compares to just 71% of the Indigenous population. Indigenous persons living in remote areas were considerably less likely than those living in non-remote areas to have access to a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

A slightly lower proportion of Indigenous persons (40.9%) participated in exercise, recreation and sport in 2005 three times a week or more, compared to non-Indigenous persons (44.3%) (Table 2).

Overall, Indigenous females were less likely than Indigenous males to participate three times a week or more (38.5% and 43.1% respectively). Interestingly, this is the opposite pattern to the non-Indigenous population where non-Indigenous females were more likely to participate three times a week or more than males (46.8% and 41.6% respectively) (Table 2).

Additionally, while equal proportions of Indigenous and non-Indigenous males participated in exercise, recreation and sport three times a week or more, far fewer Indigenous females did so, when compared to their non-Indigenous counterparts (Figure 5).

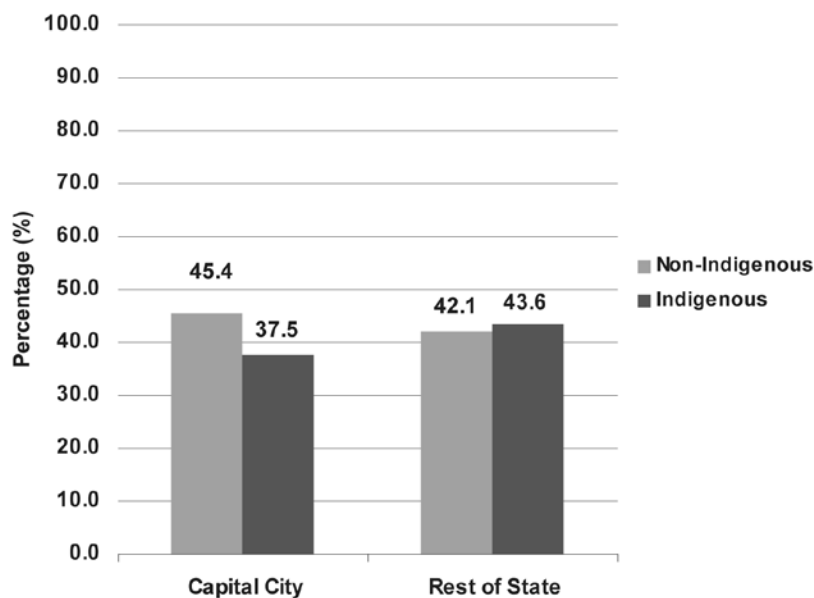
Figure 5: Overall participation (three times a week or more) by Indigenous status and sex



Base: Non-Indigenous persons (n=13,445); Indigenous persons (n=281)

Fewer Indigenous persons who live in capital cities participated three times a week or more in physical activity for exercise, recreation and sport than those who live in the rest of the state (37.5% and 43.6% respectively). The opposite pattern was seen for non-Indigenous persons (Figure 6).

Figure 6: Overall participation (three times a week or more) by Indigenous status and region



Base: Non-Indigenous persons (n=13,445); Indigenous persons (n=281)

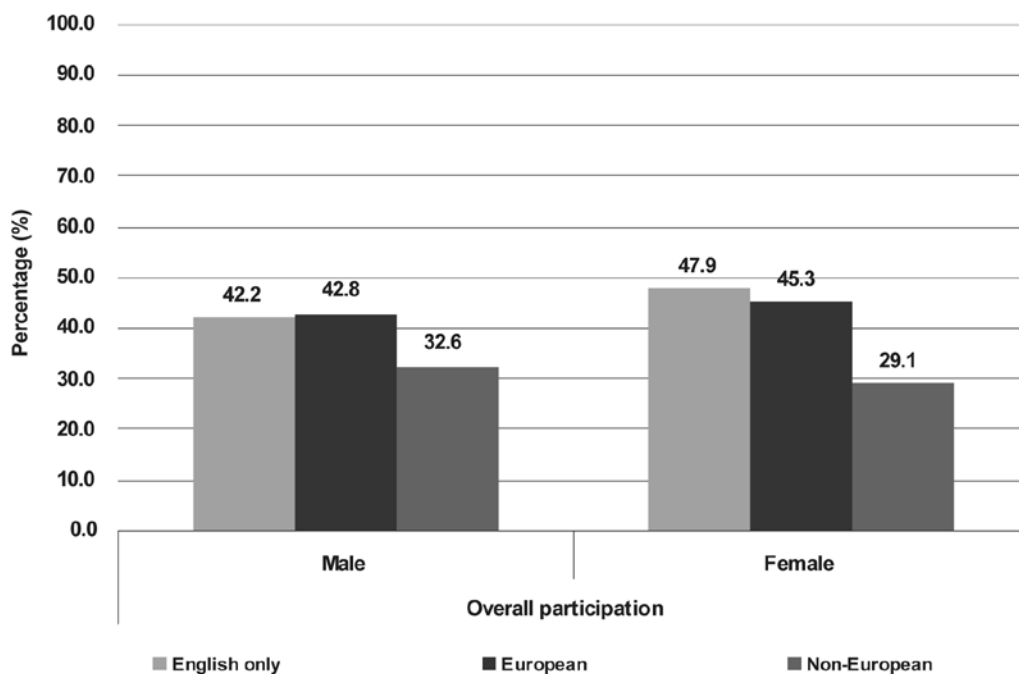
Language spoken at home

This part of the report presents statistics regarding participation in exercise, recreation and sport among persons who speak languages other than English at home. Given that 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 well⁴, it is reasonable to assume that these statistics represent an accurate estimation of their participation in exercise, recreation and sport.

Persons who spoke only English at home, or spoke a European language, had very similar rates of participation in exercise, recreation and sport of three times a week or more (45.0% and 44.1% respectively). In contrast, persons who spoke non-European languages at home were considerably less likely to participate three times a week or more (30.9%) (Table 2).⁵

Females who spoke English or a European language at home were more likely to participate three times a week or more than their male counterparts (47.9% and 45.3% for English-speaking and European language-speaking females respectively, and 42.2% and 42.8% for English-speaking and European language-speaking males respectively). In contrast, females who spoke a non-European language at home were less likely than their male counterparts to participate three times a week or more (29.1% and 32.6% respectively) (Figure 7 and Table 2).

Figure 7: Overall participation (three times a week or more) by language spoken at home and sex



Base: Persons who speak English only (n=12,445); European languages (n=751); non-European languages (n=548)

Type of activity

The activity with the highest participation rate was walking (37.3%). 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 does not include bushwalking (the participation rate for this was 5.7%), which ERASS reports as a separate activity. Other sports and physical activities that attracted high participation rates were aerobics/fitness (18.5%), swimming (14.4%), cycling (10.3%) and tennis (7.8%) (Box 1, Table 15 and Table 16).

4 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).

5 Please refer to the glossary for definitions of European and non-European languages.

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

	2001		2004			2005		
	Rank	Number of participants ('000)	Rank	Number of participants ('000)	% change 2001-04	Rank	Number of participants ('000)	% change 2001-05
Walking	1	4,353.7	1	6,168.1	41.7%	1	5,973.6	37.2%
Aerobics/fitness	3	1,961.0	2	2,698.2	37.6%	2	2,959.7	50.9%
Swimming	2	2,415.5	3	2,605.7	7.9%	3	2,311.2	-4.3%
Cycling	4	1,438.3	4	1,658.4	15.3%	4	1,646.9	14.5%
Tennis	5	1,381.8	5	1,323.2	-4.2%	5	1,253.3	-9.3%
Running	7	1,084.3	7	1,312.0	21.0%	6	1,231.7	13.6%
Golf	6	1,240.2	6	1,250.6	0.8%	7	1,139.3	-8.1%
Bushwalking	8	794.9	8	818.0	2.9%	8	910.4	14.5%
Football (outdoor) ⁶	10	551.3	9	659.2	19.6%	9	614.3	11.4%
Netball	9	612.4	10	564.3	-7.9%	10	581.7	-5.0%

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

Walking had the highest participation rate for both males and females (Table 15), and across all age groups with the exception of the 15 to 24 year age group (Table 16). However, the proportion of participants in walking alone is relatively low — only 26% of participants reported that their physical activity for exercise, recreation and sport in the last two weeks was limited to walking (Table 11). The remainder participated in either walking and another activity (20.2%) or a non-walking activity exclusively (53.8%).

For males, activities with the highest participation rates were walking (26.7%), aerobics/fitness (14.7%), cycling (13.4%), swimming (12.5%) and golf (11.6%) (Table 15).

For females, activities with the highest participation rates were walking (47.9%), aerobics/fitness (22.3%), swimming (16.4%), cycling (7.2%) and tennis (7.1%) (Table 15).

In the youngest age group (15 to 24 year olds) the activities that attracted the most participants were aerobics/fitness (23.4%), walking (16.7%) and swimming (14.3%) (Table 16).

For the oldest age group (65 years and over) walking (45.9%), aerobics/fitness (11.8%) and golf (8.6%) attracted the most participants (Table 16).

The activity that people participated in most frequently was walking, where half of all persons walked 156 times or more a year — equating to 2.5 times per week. Other activities⁷ participated in frequently were aerobics/fitness, gymnastics, weight training (all 2.0 times per week) and running (1.9 times per week) (Table 17).

Participants took part in an average (mean) of 2.1 different sports or activities in the 12 months prior to interview. This ranged from 2.4 different activities for the 15 to 24 year age group to 1.6 different activities for those aged 65 and over. Males participated in an average of 2.2 different activities compared to an average of 2.0 different activities for females (Table 9).

6 Soccer is referred to as football throughout this report.

7 Activities included in this analysis refer only to those activities that are participated in by 50,000 or more persons in 2005.

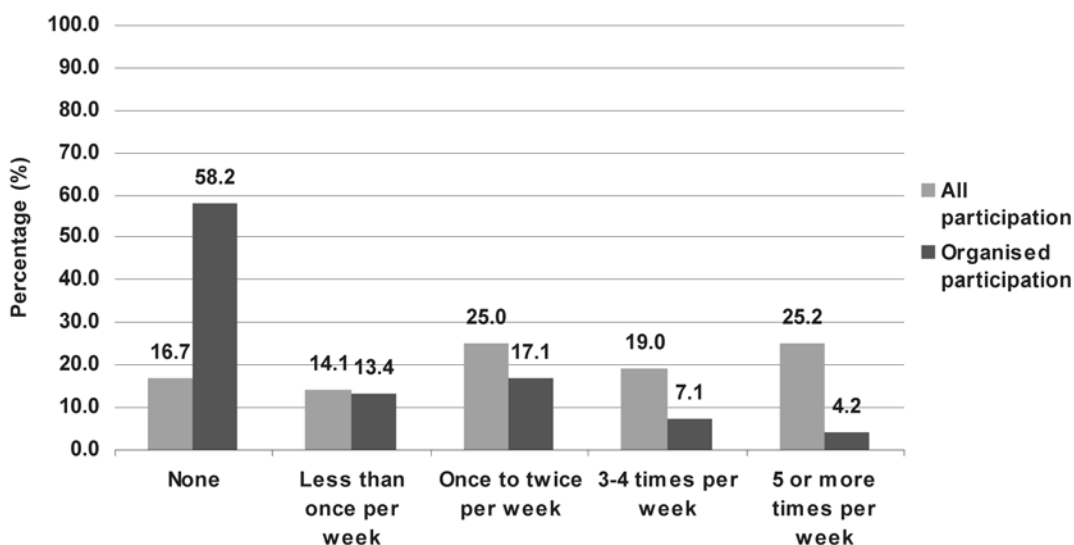
2.2 Organised participation

Overview

During the 12 months prior to interview in 2005, an estimated 4.5 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 represents a participation rate of 28.4% (Table 7). It also represents 41% of the 11.1 million persons who participated at least once per week in a physical activity for exercise, recreation and sport.

Over half of all persons (58.2%) did not participate in any organised physical activities during the 12 months prior to interview in 2005. In terms of frequency, while 13.4% and 17.1% participated less than once per week and once or twice per week respectively, far fewer people participated at higher frequencies (7.1% participated three or four times and 4.2% participated five times or more) (Figure 8 and Table 5).

Figure 8: Weekly frequency of participation — overall and organised



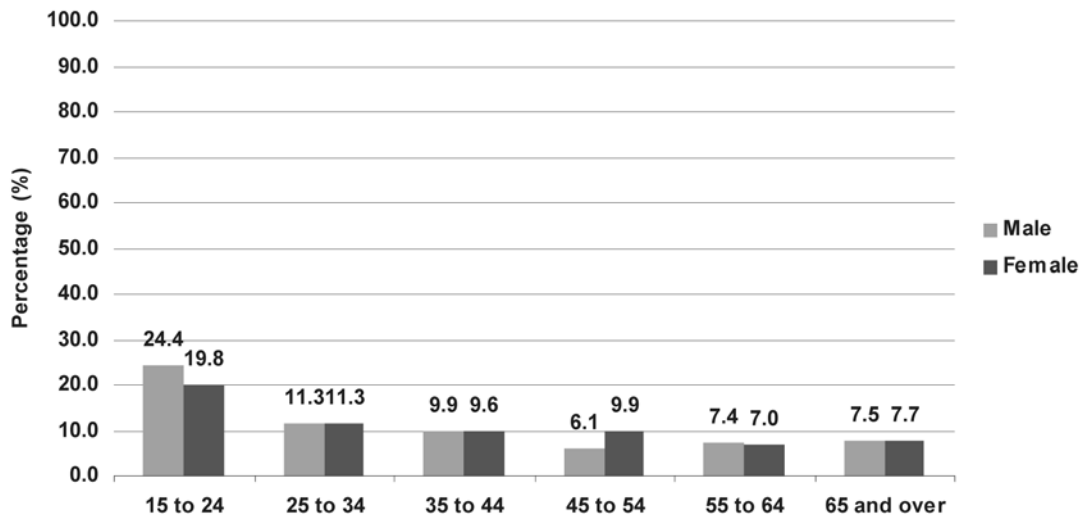
Base: All persons aged 15 years and over (n=13,726)

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 (11.5% and 11.1% respectively) (Table 7).

However, unlike the patterns observed for overall participation, older persons were less likely than their younger counterparts to participate in organised physical activity for exercise, recreation and sport three times a week or more. Participation rates were almost equal for males and females, except in the 15–24 age group, which had more male participants, and the 45–54 age group, which has more female participants (Figure 9 and Table 7).

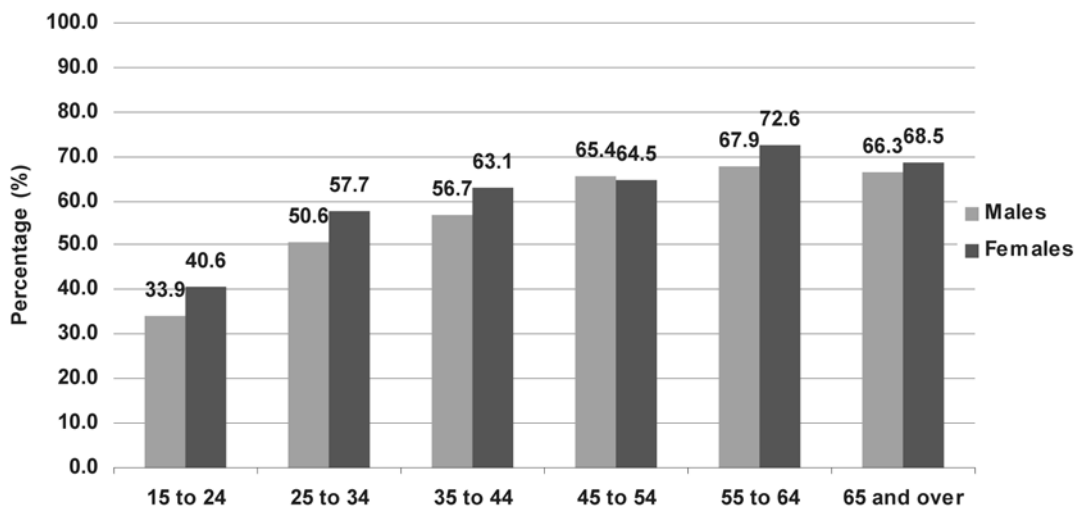
Figure 9: Participation rates (three times a week or more) by age and sex — organised activities



Base: All persons aged 15 years and over (n=13,726)

Non-participation in organised physical activity for exercise, recreation and sport shows a marked pattern with age — non-participation rates were lowest for the 15–24 age group, and highest for the 55 and over age groups (Table 5 and Figure 10). Non-participation was higher for females across all age groups, except the 45–54 age group.

Figure 10: Non-participation in organised activity by age and sex



Base: All persons aged 15 years and over (n=13,726)

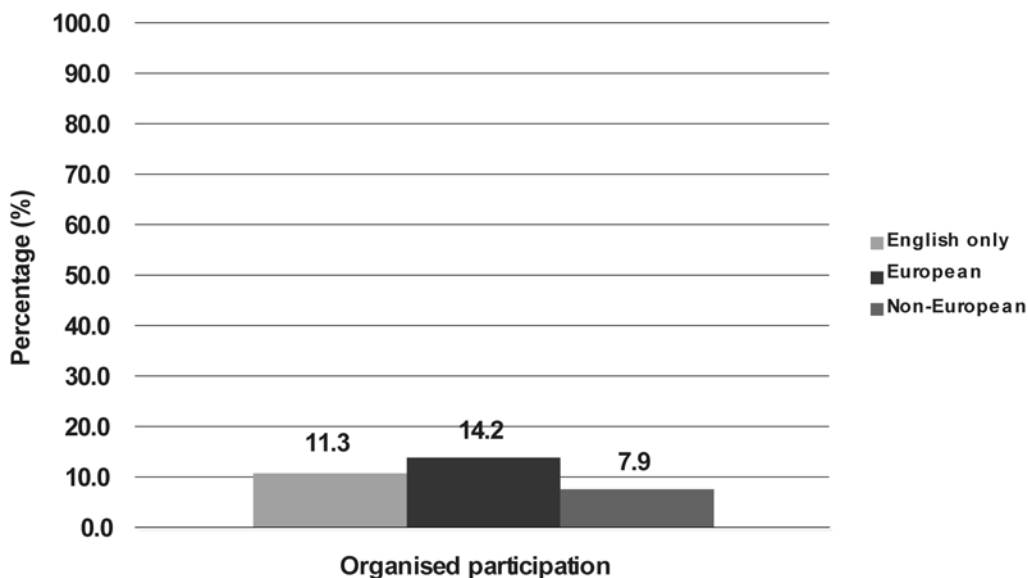
Indigenous status

Indigenous and non-Indigenous persons were equally likely to participate three times a week or more in organised physical activity for exercise, recreation and sport (11.8% and 11.3% respectively).

Language spoken at home

Persons who spoke a European language at home were most likely to participate in organised activities three times a week or more (14.2%), followed by those who spoke English only (11.3%). As with overall participation, persons who spoke a non-European language at home were least likely to participate three times a week or more (7.9%) (Figure 11). There were no significant differences between the sexes.

Figure 11: Organised participation (three times a week or more) by language spoken at home



Base: Persons who speak English only (n=12,445); European languages (n=751); non-European languages (n=548)

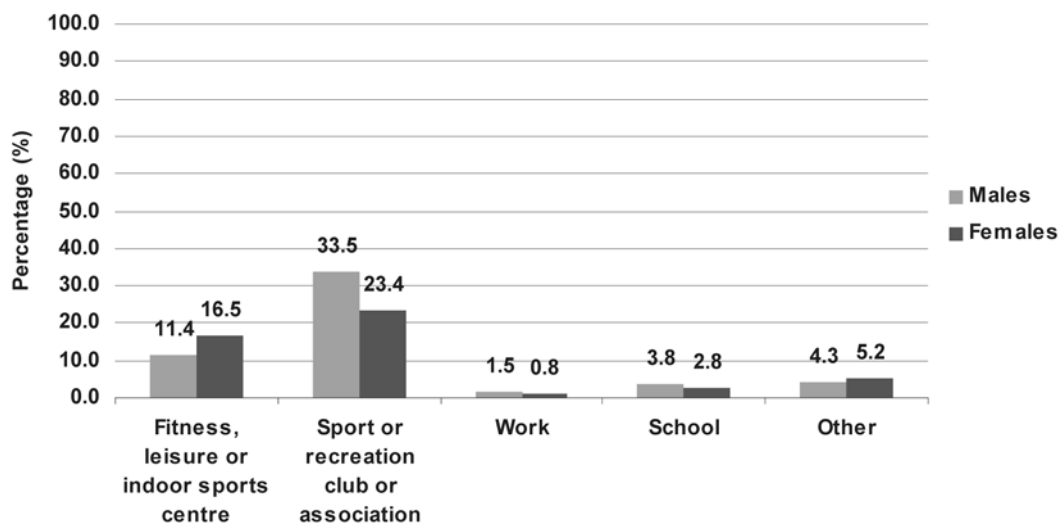
Organisation of the activity

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 2.2 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 (529,000 and 186,000 respectively) (Table 22).

It is worthwhile noting that while activities organised by schools involve relatively small numbers of persons, school-organised activities are a significant source for organised physical activity for 15 to 19 year olds. Twenty-nine per cent (29.0%) of 15 to 19 year olds participated in activities that were organised by a school in the 12 months prior to interview. Meanwhile, 48.5% participated through a sport or recreation club or association.

Females participating in organised physical activity were more likely than men to choose activities organised by a fitness, leisure or indoor sports centre (16.5% and 11.4% respectively). Meanwhile, far more males participated in activities organised by a sport or recreation club or association than females (33.5% and 23.4% respectively) (Figure 12 and Table 22).

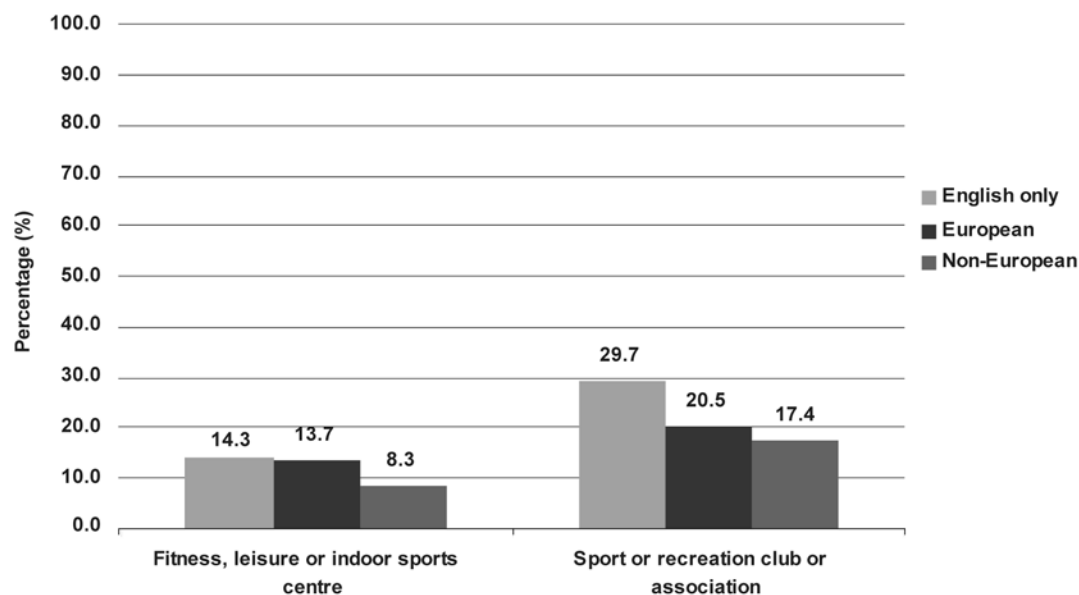
Figure 12: Participation in organised activity by type of organisation



Base: All persons aged 15 years and over (n=13,726)

Roughly equal proportions of persons who spoke English or European languages at home attended fitness, leisure or indoor sports centres (14.3% and 13.7% respectively), while persons who spoke non-European languages had far lower levels of attendance at such organisations (Figure 13). Similarly, persons who spoke English at home attended sport or recreation clubs or associations to a significantly greater degree (29.7%) than those from the other language groups (20.5% and 17.4%).

Figure 13: Organised participation (three times a week or more) by language spoken at home and type of organisation



Base: Persons who speak English only (n=12,445); European languages (n=751); non-European languages (n=548)

Type of activity

The organised activity with the highest participation rate was aerobics/fitness (9.4%). An estimated 1.5 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 (3.7%), tennis (3.4%), netball (3.2%), football (outdoor) (2.7%) and Australian football and basketball (2.4% each) (Box 2 and Table 21).

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 19).

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

	2001		2004			2005		
	Rank	Number of participants ('000)	Rank	Number of participants ('000)	% change 2001-04	Rank	Number of participants ('000)	% change 2001-05
Aerobics / fitness	1	982.9	1	1,393.3	41.8%	1	1,502.8	52.9%
Golf	2	655.1	2	678.8	3.6%	2	590.8	-9.8%
Tennis	3	548.6	3	597.8	9.0%	3	547.5	-0.2%
Netball	4	533.2	4	509.9	-4.4%	4	510.3	-4.3%
Football (outdoor)	5	381.9	5	447.5	17.2%	5	431.1	12.9%
Australian football	11	272.5	10	342.1	25.5%	6	387.0	42.0%
Basketball	6	364.3	11	341.1	-6.4%	7	376.3	3.3%
Swimming	8	334.0	6	442.8	32.6%	8	345.8	3.5%
Lawn bowls	9	280.3	9	343.4	22.5%	9	340.9	21.6%
Yoga	15	153.1	7	380.5	148.5%	10	323.5	111.3%

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

2.3 Organised versus non-organised participation

Activities that were commonly participated in where participation is most often organised by a club, association, fitness centre or other organisation included lawn bowls (95.6% of lawn bowls participants engaged at least once in organised lawn bowls), softball (91.7%), athletics/track and field (91.6%), rugby union (90.1%) and baseball (88.2%) (Table 21)⁸.

Activities least likely to be organised included waterskiing/powerboating (only 3.1% of participants ever engaged in organised waterskiing/powerboating), walking (3.2%), roller sports (5.6%), cycling (8.7%) and surf sports (9.8%).

Most participants (30.9%) spent two to five hours per week in non-organised activities in the two weeks prior to interview. A further 24.2% spent five hours or more on non-organised physical activities. In the case of organised activities, 17.8% participated for five hours or more, while a further 16.4% participated for more than two hours but less than five hours (Table 20).

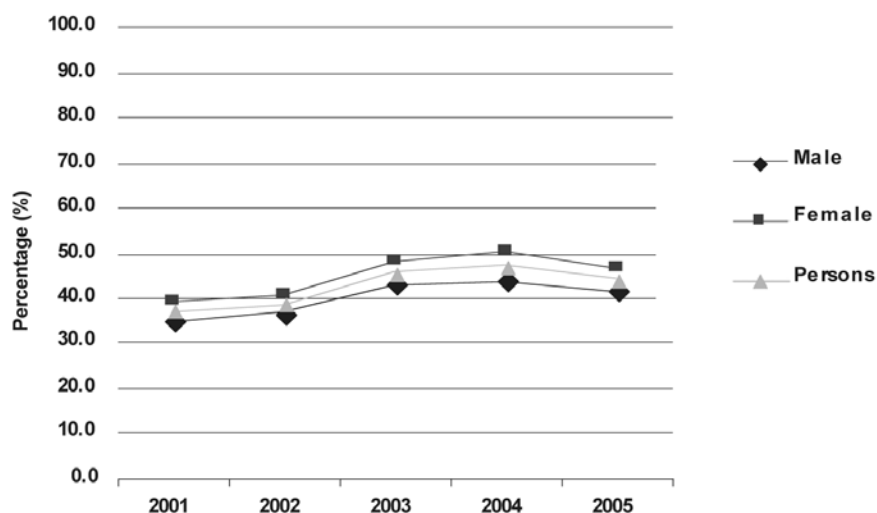
⁸ Activities 'commonly participated in' refer to all those activities in which 50,000 or more Australians participated in 2005.

3 Comparisons over time

3.1 Overall participation

Overall participation in exercise, recreation and sport three times a week or more has increased from 37.2% of the population in 2001 to 44.2% of the population in 2005. This represents a rise of 18.8% after taking into account natural increases in the size of the Australian population. While the number of persons participating three times a week or more dropped slightly from 2004 to 2005 (from 7.5 million to 7.1 million), there were still 1.5 million more persons participating three times a week or more in 2005 than there were in 2001 (Figure 14).

Figure 14: Overall participation (three times a week or more) — 2001 to 2005

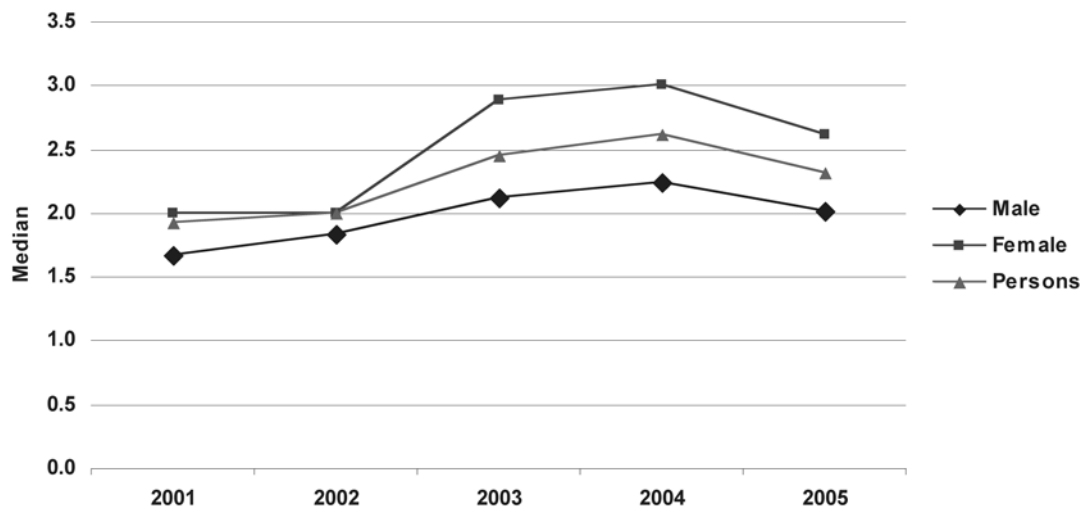


Base: All persons aged 15 years and over in 2005 (n=13,726); in 2004 (n=13,662); in 2003 (n=13,703); in 2002 (n=13,632); and in 2001 (n=13,424)

Participation by females remained consistently higher than males from 2001 to 2005. Specifically, 39.3% of females and 35.1% of males participated in exercise, recreation and sport three times a week or more during the 12 months prior to interview in 2001. These participation rates moved in tandem from 2001 to 2005, with 46.7% of females and 41.7% of males participating three times a week or more in 2005 (Figure 14).

During the period 2001 to 2005, an upward trend is observable in the average (median) weekly frequency of overall participation for both males and females. Continuing this pattern, the average weekly frequency of overall participation for females has consistently exceeded that for males. Moreover, there has been a greater increase for females over the five-year period (2.0 in 2001 to 2.6 in 2005) than for males (1.7 in 2001 to 2.0 in 2005) (Figure 15).

Figure 15: Weekly frequency of overall participation (median) from 2001–05, by sex — all persons



Base: All persons aged 15 years and over in 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)

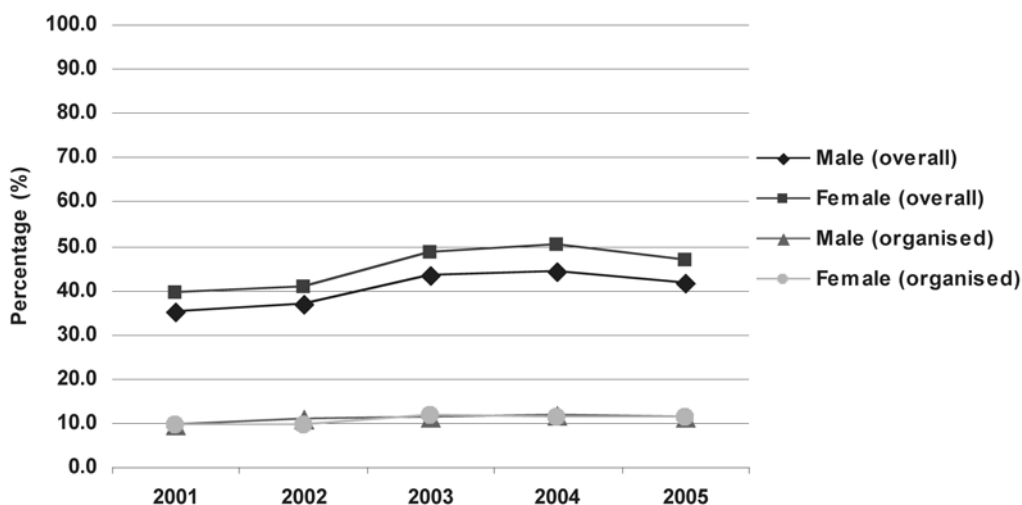
The physical activities participated in for exercise, recreation and sport that comprise the ‘top ten’ activities by number of participants have remained unchanged from 2001 to 2005 (see Box 1 on page XX). Aerobics/fitness has enjoyed the largest increase since 2001, with the number participating at least once during the 12 months prior to interview rising from 1.9 million persons in 2001 to 3.0 million in 2005 (50.9% increase). Other activities in the ‘top ten’ to experience significant increases since 2001 include walking (37.2% increase), cycling (14.5% increase), bushwalking (14.5% increase), running (13.6% increase) and football (outdoor) (11.4% increase).

3.2 Organised participation

Participation three times a week or more in organised physical activity for exercise, recreation and sport has remained stable from 2004 to 2005. However, there has been a modest increase in the number of people participating frequently in organised activities between 2001 and 2005. During this period, the number of persons participating in organised activities at least three times per week increased by 386,900. This represents an increase from 9.4% of the population in 2001 to 11.3% of the population in 2005 (a 20.2% increase) (Figure 16).

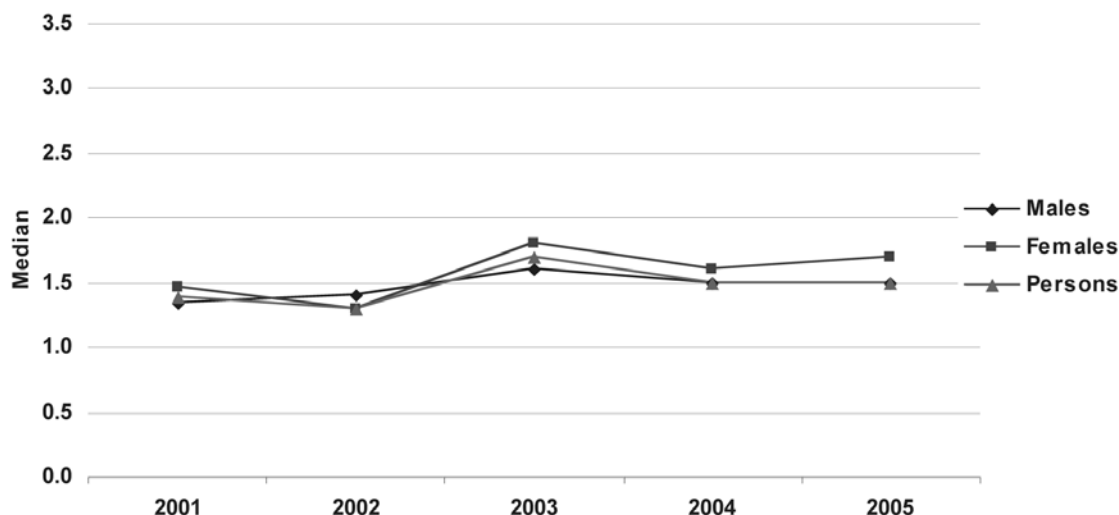
Organised participation for males and females has shown a very similar trend over the period from 2001 to 2005 (Figure 16), as has the median frequency of organised participation (Figure 17). The latter for both males and females has fluctuated only slightly over the last five years around the 1.5 times per week mark.

Figure 16: Overall and organised participation (three times a week or more) from 2001–05, by sex



Base: All persons aged 15 years and over in 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 17: Weekly frequency of organised participation (median) from 2001–05, by sex — participants only



Base: All persons aged 15 years and over in 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 by the Australian population at least once for exercise, recreation and sport has changed slightly from 2004 to 2005 (see Box 2 on page XX). After dropping out of the ‘top ten’ in 2004, basketball has risen to seventh place with 376,300 participants in 2005 (increasing from 364,300 participants in 2001, which represents a modest increase of 3.3%). Cricket (outdoor) has left the top ten for the first time since 2001 (with an 8.4% decrease from 2004).

Compared to 2004, there was a statistically significant drop of 15% in the number of people participating in yoga (380,500 participants in 2004 to 323,500 participants in 2005), which has now dropped to tenth position. Statistically significant decreases were also observed in organised golf (678,800 participants in 2004 to 590,800 participants in 2005; a 13% drop), and swimming (422,800 participants in 2004 to 345,800 participants in 2005; a 21.9% drop). In spite of the recent decline in participation, yoga has nevertheless experienced the largest increase of the current ‘top ten’ organised activities (up from 153,100 participants in 2001 to 323,500 participants in 2005, representing a 111.3% increase since 2001).

Table 1: Characteristics of participants, 2005 (a)

	MALES		FEMALES		PERSONS	
	Number (^{'000})	Participation rate (%)	Number (^{'000})	Participation rate (%)	Number (^{'000})	Participation rate (%)
AGE GROUP (YEARS)						
15 to 24	1,316.3	91.7	1,256.0	90.3	2,572.2	91.0
25 to 34	1,330.4	88.6	1,261.3	85.1	2,591.7	86.9
35 to 44	1,252.9	84.7	1,254.2	84.7	2,507.0	84.7
45 to 54	1,086.5	79.0	1,172.8	84.4	2,259.3	81.7
55 to 64	867.3	80.3	849.2	81.1	1,716.5	80.7
65 and over	786.9	72.8	896.1	71.3	1,683.0	71.9
REGION						
Capital city	4,330.6	85.0	4,365.4	84.0	8,696.0	84.5
Rest of state	2,309.6	80.8	2,324.2	81.6	4,633.8	81.2
EMPLOYMENT STATUS						
Employed full time	4,082.1	84.7	2,239.2	87.1	6,321.3	85.6
Employed part time	828.6	88.7	1,992.4	88.5	2,821.0	88.5
<i>Total employed</i>	<i>4,910.8</i>	<i>85.4</i>	<i>4,231.6</i>	<i>87.8</i>	<i>9,142.4</i>	<i>86.5</i>
Unemployed	292.9	84.5	283.6	84.2	576.5	84.3
Not in the labour force	1,436.6	77.4	2,174.3	75.3	3,610.9	76.1
MARITAL STATUS						
Married	3,795.5	83.5	3,742.5	83.7	7,538.0	83.6
Not married	2,826.6	84.1	2,908.4	82.6	5,735.0	83.3
Refused/do not know	*18.1	*39.7	38.6	68.4	56.8	55.6
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	1,770.8	81.9	2,159.5	83.6	3,930.3	82.8
At least one under 18 – none at home	213.7	85.1	42.1	78.3	255.8	83.9
No children under 18	4,655.8	84.0	4,487.9	83.0	9,143.7	83.5
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	1,869.2	90.9	1,901.1	90.6	3,770.3	90.7
Undergraduate diploma or associate diploma	585.1	88.6	581.4	90.6	1,166.5	89.6
Certificate, trade qualification or apprenticeship	835.9	82.3	722.1	84.5	1,558.1	83.3
Highest level of secondary school	1,453.5	80.2	1,649.1	80.0	3,102.6	80.1
Did not complete highest level of school	1,361.7	75.1	1,408.8	74.7	2,770.5	74.9
Never went to school	*17.3	*68.3	*11.9	*67.6	29.2	68.0
Still at secondary school	450.5	97.1	342.0	93.0	792.5	95.3
Other	43.0	63.1	46.5	80.3	89.5	71.0
Refused	*24.0	*62.7	*26.5	*41.4	50.6	49.4
INDIGENOUS STATUS						
Non-Indigenous	6,534.8	83.6	6,601.8	83.3	13,136.7	83.4
Indigenous	105.4	78.6	87.7	70.3	193.1	74.6
LANGUAGE SPOKEN AT HOME						
English only	5,905.9	84.4	5,957.9	83.9	11,863.8	84.1
European language(s) other than English	385.4	79.0	409.3	79.4	794.7	79.2
Non-European language(s)	359.3	73.8	327.5	74.0	686.8	73.9
Total	6,640.3	83.5	6,689.5	83.1	13,329.8	83.3

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

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

Table 2: Characteristics of participants — three times a week or more, 2005 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)	Number (‘000)	Participation rate (%)
AGE GROUP (YEARS)						
15 to 24	700.9	48.8	651.3	46.8	1,352.1	47.8
25 to 34	607.6	40.5	695.5	46.9	1,303.1	43.7
35 to 44	541.7	36.6	698.6	47.2	1,240.2	41.9
45 to 54	533.2	38.8	673.8	48.5	1,207.0	43.7
55 to 64	452.7	41.9	511.3	48.8	964.0	45.3
65 and over	477.9	44.2	528.6	42.0	1,006.5	43.0
REGION						
Capital city	2,204.5	43.3	2,465.3	47.4	4,669.8	45.4
Rest of state	1,109.4	38.8	1,293.7	45.4	2,403.1	42.1
EMPLOYMENT STATUS						
Employed full time	1,903.8	39.5	1,249.0	48.6	3,152.8	42.7
Employed part time	427.9	45.8	1,115.5	49.5	1,543.4	48.4
<i>Total employed</i>	<i>2,331.7</i>	<i>40.5</i>	<i>2,364.5</i>	<i>49.0</i>	<i>4,696.2</i>	<i>44.4</i>
Unemployed	153.2	44.2	160.5	47.6	313.7	45.9
Not in the labour force	829.0	44.7	1,234.1	42.7	2,063.0	43.5
MARITAL STATUS						
Married	1,780.6	39.2	2,115.5	47.3	3,896.1	43.2
Not married	1,519.6	45.2	1,616.9	45.9	3,136.5	45.6
Refused/do not know	*13.7	*30.0	26.6	47.1	40.3	39.4
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	743.9	34.4	1,162.6	45.0	1,906.5	40.2
At least one under 18 – none at home	89.2	35.5	32.2	59.9	121.4	39.8
No children under 18	2,480.8	44.8	2,564.2	47.4	5,045.0	46.1
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	994.0	48.3	1,092.3	52.1	2,086.3	50.2
Undergraduate diploma or associate diploma	306.3	46.4	343.4	53.5	649.7	49.9
Certificate, trade qualification or apprenticeship	370.1	36.4	407.0	47.6	777.1	41.5
Highest level of secondary school	683.9	37.8	935.5	45.4	1,619.4	41.8
Did not complete highest level of school	659.6	36.4	752.0	39.9	1,411.6	38.2
Never went to school	*10.2	*40.4	*5.1	*28.9	*15.3	*35.7
Still at secondary school	260.4	56.1	183.7	49.9	444.0	53.4
Other	*17.8	*26.2	*25.7	*44.4	43.5	34.5
Refused	*11.6	*30.3	*14.4	*22.4	*26.0	*25.4
INDIGENOUS STATUS						
Non-Indigenous	3,256.1	41.6	3,710.9	46.8	6,967.1	44.3
Indigenous	57.8	43.1	48.1	38.5	105.8	40.9
LANGUAGE SPOKEN AT HOME						
English only	2,951.2	42.2	3,398.4	47.9	6,349.6	45.0
European language(s) other than English	209.1	42.8	233.8	45.3	442.9	44.1
Non-European language(s)	158.4	32.6	128.8	29.1	287.3	30.9
Total	3,313.9	41.7	3,759.0	46.7	7,072.9	44.2

(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 2005

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

Table 3: All participants — participation by states and territories, age and gender, 2005 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	24.3	448.4	11.6	250.4	97.1	30.7	326.9	126.8	1,316.3
	25 to 34	23.7	435.3	15.6	253.8	92.5	24.1	355.3	130.3	1,330.4
	35 to 44	21.2	423.4	14.2	244.1	88.7	23.7	307.6	129.9	1,252.9
	45 to 54	18.9	345.0	9.7	205.9	83.9	27.0	277.0	119.2	1,086.5
	55 to 64	14.7	298.8	6.3	162.7	66.5	22.7	211.6	84.0	867.3
	65 and over	10.5	264.0	2.4	156.4	69.3	22.3	188.7	73.3	786.9
	TOTAL		113.2	2,214.8	59.8	1,273.3	498.0	150.5	1,667.2	663.5
Females	15 to 24	21.3	419.4	11.9	225.4	91.2	27.1	326.1	133.5	1,256.0
	25 to 34	22.3	412.3	14.3	251.2	80.4	26.3	329.1	125.2	1,261.3
	35 to 44	21.6	410.8	12.2	242.9	94.1	29.7	318.0	124.8	1,254.2
	45 to 54	20.8	383.0	9.5	215.7	87.2	28.3	310.7	117.6	1,172.8
	55 to 64	15.3	285.2	4.5	157.7	72.4	21.5	213.7	79.0	849.2
	65 and over	10.7	304.1	2.9	150.6	83.4	23.5	237.6	83.3	896.1
	TOTAL		112.0	2,214.8	55.4	1,243.5	508.7	156.5	1,735.2	663.3
Persons	15 to 24	45.5	867.8	23.6	475.8	188.3	57.9	653.1	260.3	2,572.2
	25 to 34	46.0	847.6	29.9	505.0	172.9	50.4	684.4	255.4	2,591.7
	35 to 44	42.8	834.2	26.4	487.1	182.9	53.4	625.6	254.7	2,507.0
	45 to 54	39.7	728.0	19.2	421.6	171.1	55.3	587.7	236.8	2,259.3
	55 to 64	29.9	584.0	10.9	320.4	138.8	44.2	425.3	163.0	1,716.5
	65 and over	21.1	568.0	5.3	307.0	152.7	45.9	426.3	156.7	1,683.0
	TOTAL		225.1	4,429.6	115.3	2,516.8	1,006.7	307.0	3,402.4	1,326.9
		Participation rate (%)								
Males	15 to 24	98.1	95.8	85.3	88.6	93.2	93.6	90.1	86.2	91.7
	25 to 34	89.3	87.5	90.0	87.7	89.9	84.6	90.8	87.9	88.6
	35 to 44	91.5	86.2	84.3	84.2	81.2	73.8	83.8	87.1	84.7
	45 to 54	87.8	76.3	74.4	76.2	79.0	78.5	82.7	83.1	79.0
	55 to 64	88.8	83.8	73.1	74.5	77.9	80.0	81.2	79.1	80.3
	65 and over	81.2	71.6	59.5	77.6	73.6	78.4	68.9	75.1	72.8
	TOTAL	90.3	84.1	81.4	82.1	82.7	81.5	83.7	83.8	83.5
Females	15 to 24	89.0	92.7	91.2	82.6	90.8	86.4	92.6	92.2	90.3
	25 to 34	88.8	82.9	89.3	86.3	81.8	87.2	86.9	86.3	85.1
	35 to 44	90.4	84.5	85.0	82.9	85.3	86.4	85.5	84.4	84.7
	45 to 54	88.7	84.5	80.1	79.3	80.3	80.0	90.9	82.2	84.4
	55 to 64	93.8	83.0	72.4	75.3	84.1	76.4	82.9	79.5	81.1
	65 and over	71.5	69.9	79.6	67.9	73.9	69.2	73.4	74.5	71.3
	TOTAL	87.7	83.0	84.9	79.7	82.5	80.9	85.7	83.8	83.1
Persons	15 to 24	93.6	94.3	88.2	85.7	92.0	90.1	91.3	89.2	91.0
	25 to 34	89.1	85.2	89.7	87.0	85.9	86.0	88.9	87.1	86.9
	35 to 44	91.0	85.3	84.6	83.6	83.3	80.3	84.7	85.8	84.7
	45 to 54	88.3	80.4	77.2	77.8	79.7	79.3	86.9	82.6	81.7
	55 to 64	91.3	83.4	72.8	74.9	81.0	78.2	82.0	79.3	80.7
	65 and over	76.0	70.7	69.0	72.5	73.7	73.4	71.3	74.8	71.9
	TOTAL	89.0	83.5	83.0	80.9	82.6	81.2	84.7	83.8	83.3

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

Table 4: All persons — frequency of participation in physical activity for exercise, recreation and sport, 2005 (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	119.6	186.0	429.4	280.1	420.8	1435.9
	25 to 34	171.2	306.7	416.1	272.8	334.8	1501.6
	35 to 44	226.1	316.4	394.8	262.4	279.2	1479.0
	45 to 54	289.0	198.9	354.4	224.6	308.5	1375.6
	55 to 64	213.4	164.6	250.0	162.2	290.4	1080.7
	65 and over	294.7	104.7	204.3	160.8	317.1	1081.6
	TOTAL	1314.1	1277.3	2049.1	1363.0	1950.9	7954.4
Females	15 to 24	135.3	202.5	402.2	320.9	330.4	1391.3
	25 to 34	220.4	198.8	367.0	334.6	360.9	1481.7
	35 to 44	227.3	210.7	344.9	337.3	361.2	1481.5
	45 to 54	216.2	152.3	346.6	299.1	374.7	1389.0
	55 to 64	197.5	112.4	225.5	204.0	307.3	1046.7
	65 and over	361.6	100.4	267.2	187.1	341.4	1257.7
	TOTAL	1358.3	977.1	1953.4	1683.1	2075.9	8047.9
Persons	15 to 24	255.0	388.5	831.6	601.0	751.1	2827.2
	25 to 34	391.6	505.5	783.1	607.4	695.7	2983.3
	35 to 44	453.5	527.1	739.7	599.8	640.5	2960.5
	45 to 54	505.3	351.3	701.0	523.8	683.2	2764.6
	55 to 64	410.9	277.0	475.6	366.2	597.7	2127.3
	65 and over	656.3	205.1	471.5	347.9	658.6	2339.4
	TOTAL	2672.5	2254.4	4002.5	3046.1	4026.8	16002.3

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

Males	15 to 24	8.3	13.0	29.9	19.5	29.3	100.0
	25 to 34	11.4	20.4	27.7	18.2	22.3	100.0
	35 to 44	15.3	21.4	26.7	17.7	18.9	100.0
	45 to 54	21.0	14.5	25.8	16.3	22.4	100.0
	55 to 64	19.7	15.2	23.1	15.0	26.9	100.0
	65 and over	27.2	9.7	18.9	14.9	29.3	100.0
	TOTAL	16.5	16.1	25.8	17.1	24.5	100.0
Females	15 to 24	9.7	14.6	28.9	23.1	23.7	100.0
	25 to 34	14.9	13.4	24.8	22.6	24.4	100.0
	35 to 44	15.3	14.2	23.3	22.8	24.4	100.0
	45 to 54	15.6	11.0	25.0	21.5	27.0	100.0
	55 to 64	18.9	10.7	21.5	19.5	29.4	100.0
	65 and over	28.7	8.0	21.2	14.9	27.1	100.0
	TOTAL	16.9	12.1	24.3	20.9	25.8	100.0
Persons	15 to 24	9.0	13.7	29.4	21.3	26.6	100.0
	25 to 34	13.1	16.9	26.2	20.4	23.3	100.0
	35 to 44	15.3	17.8	25.0	20.3	21.6	100.0
	45 to 54	18.3	12.7	25.4	18.9	24.7	100.0
	55 to 64	19.3	13.0	22.4	17.2	28.1	100.0
	65 and over	28.1	8.8	20.2	14.9	28.2	100.0
	TOTAL	16.7	14.1	25.0	19.0	25.2	100.0

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

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

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

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

Table 5: All persons — frequency of participation in organised physical activity for exercise, recreation and sport, 2005 (a)

Sex	Age group (years)	None	Zero — once	Once or twice	Three or	Five or	Total
			per week (b)	per week (c)	four times per week (d)	more times per week	
		Number ('000)					
Males	15 to 24	487.3	220.7	376.9	196.9	154.1	1435.9
	25 to 34	760.4	280.9	290.9	106.1	63.3	1501.6
	35 to 44	838.8	282.3	211.3	107.3	39.4	1479.0
	45 to 54	899.5	180.8	211.6	58.7	*25.0	1375.6
	55 to 64	733.7	110.8	156.6	56.0	*23.6	1080.7
	65 and over	717.6	98.6	183.8	58.7	*22.9	1081.6
	TOTAL		4437.2	1174.1	1431.1	583.6	328.4
Females	15 to 24	565.5	205.5	344.9	149.4	126.1	1391.3
	25 to 34	855.6	216.5	241.9	104.0	63.8	1481.7
	35 to 44	934.6	204.5	199.7	106.0	36.7	1481.5
	45 to 54	895.5	160.9	195.1	92.7	44.8	1389.0
	55 to 64	760.2	80.8	132.4	44.1	29.2	1046.7
	65 and over	861.7	105.8	193.6	58.5	38.1	1257.7
	TOTAL		4873.0	973.9	1307.6	554.5	338.7
Persons	15 to 24	1052.7	426.2	721.8	346.3	280.2	2827.2
	25 to 34	1616.0	497.4	532.8	210.1	127.1	2983.3
	35 to 44	1773.3	486.8	411.0	213.2	76.2	2960.5
	45 to 54	1795.0	341.7	406.7	151.4	69.8	2764.6
	55 to 64	1493.9	191.6	289.0	100.1	52.8	2127.3
	65 and over	1579.3	204.4	377.5	117.2	61.1	2339.4
	TOTAL		9310.2	2148.1	2738.7	1138.2	667.1

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

Males	15 to 24	33.9	15.4	26.2	13.7	10.7	100.0
	25 to 34	50.6	18.7	19.4	7.1	4.2	100.0
	35 to 44	56.7	19.1	14.3	7.3	2.7	100.0
	45 to 54	65.4	13.1	15.4	4.3	*1.8	100.0
	55 to 64	67.9	10.3	14.5	5.2	*2.2	100.0
	65 and over	66.3	9.1	17.0	5.4	*2.1	100.0
	TOTAL		55.8	14.8	18.0	7.3	4.1
Females	15 to 24	40.6	14.8	24.8	10.7	9.1	100.0
	25 to 34	57.7	14.6	16.3	7.0	4.3	100.0
	35 to 44	63.1	13.8	13.5	7.2	2.5	100.0
	45 to 54	64.5	11.6	14.0	6.7	3.2	100.0
	55 to 64	72.6	7.7	12.6	4.2	2.8	100.0
	65 and over	68.5	8.4	15.4	4.6	3.0	100.0
	TOTAL		60.6	12.1	16.2	6.9	4.2
Persons	15 to 24	37.2	15.1	25.5	12.2	9.9	100.0
	25 to 34	54.2	16.7	17.9	7.0	4.3	100.0
	35 to 44	59.9	16.4	13.9	7.2	2.6	100.0
	45 to 54	64.9	12.4	14.7	5.5	2.5	100.0
	55 to 64	70.2	9.0	13.6	4.7	2.5	100.0
	65 and over	67.5	8.7	16.1	5.0	2.6	100.0
	TOTAL		58.2	13.4	17.1	7.1	4.2

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

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

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

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

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

Table 6: All participants — frequency of participation, cumulative, 2005 (a)

		Less than once a week	Once a week or more	Twice a week or more	Three times a week or more	Total participation
Sex	Age group (years)	Number ('000)				
Males	15 to 24	186.0	1130.3	899.2	700.9	1316.3
	25 to 34	306.7	1023.7	791.8	607.6	1330.4
	35 to 44	316.4	936.5	725.0	541.7	1252.9
	45 to 54	198.9	887.6	713.6	533.2	1086.5
	55 to 64	164.6	702.7	565.7	452.7	867.3
	65 and over	104.7	682.2	593.6	477.9	786.9
	TOTAL	1277.3	5363.0	4288.9	3313.9	6640.3
Females	15 to 24	202.5	1053.5	838.0	651.3	1256.0
	25 to 34	198.8	1062.5	898.3	695.5	1261.3
	35 to 44	210.7	1043.4	880.3	698.6	1254.2
	45 to 54	152.3	1020.5	852.5	673.8	1172.8
	55 to 64	112.4	736.8	643.9	511.3	849.2
	65 and over	100.4	795.7	646.6	528.6	896.1
	TOTAL	977.1	5712.4	4759.5	3759.0	6689.5
Persons	15 to 24	388.5	2183.8	1737.2	1352.1	2572.2
	25 to 34	505.5	2086.2	1690.0	1303.1	2591.7
	35 to 44	527.1	1979.9	1605.3	1240.2	2507.0
	45 to 54	351.3	1908.1	1566.0	1207.0	2259.3
	55 to 64	277.0	1439.5	1209.6	964.0	1716.5
	65 and over	205.1	1477.9	1240.2	1006.5	1683.0
	TOTAL	2254.4	11075.4	9048.3	7072.9	13329.8
Participation rate (%)						
Males	15 to 24	13.0	78.7	62.6	48.8	91.7
	25 to 34	20.4	68.2	52.7	40.5	88.6
	35 to 44	21.4	63.3	49.0	36.6	84.7
	45 to 54	14.5	64.5	51.9	38.8	79.0
	55 to 64	15.2	65.0	52.3	41.9	80.3
	65 and over	9.7	63.1	54.9	44.2	72.8
	TOTAL	16.1	67.4	53.9	41.7	83.5
Females	15 to 24	14.6	75.7	60.2	46.8	90.3
	25 to 34	13.4	71.7	60.6	46.9	85.1
	35 to 44	14.2	70.4	59.4	47.2	84.7
	45 to 54	11.0	73.5	61.4	48.5	84.4
	55 to 64	10.7	70.4	61.5	48.8	81.1
	65 and over	8.0	63.3	51.4	42.0	71.3
	TOTAL	12.1	71.0	59.1	46.7	83.1
Persons	15 to 24	13.7	77.2	61.4	47.8	91.0
	25 to 34	16.9	69.9	56.7	43.7	86.9
	35 to 44	17.8	66.9	54.2	41.9	84.7
	45 to 54	12.7	69.0	56.6	43.7	81.7
	55 to 64	13.0	67.7	56.9	45.3	80.7
	65 and over	8.8	63.2	53.0	43.0	71.9
	TOTAL	14.1	69.2	56.5	44.2	83.3

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

Table 7: All participants — frequency of participation in organised activity, cumulative, 2005 (a)

Sex	Age group (years)	Less than once a week	Once a week or more	Twice a week or more	Three times a week or more	Total participation
		Number ('000)				
Males	15 to 24	220.7	727.9	493.8	351.0	948.6
	25 to 34	280.9	460.3	278.4	169.4	741.2
	35 to 44	282.3	358.0	218.0	146.7	640.3
	45 to 54	180.8	295.3	171.2	83.7	476.1
	55 to 64	110.8	236.2	135.0	79.6	347.0
	65 and over	98.6	265.5	183.5	81.6	364.1
	TOTAL	1174.1	2343.1	1480.0	912.0	3517.2
Females	15 to 24	205.5	620.4	430.3	275.5	825.9
	25 to 34	216.5	409.6	277.6	167.8	626.1
	35 to 44	204.5	342.4	225.2	142.7	546.9
	45 to 54	160.9	332.6	224.5	137.5	493.5
	55 to 64	80.8	205.7	128.1	73.3	286.5
	65 and over	105.8	290.2	173.1	96.6	396.0
	TOTAL	973.9	2200.9	1458.9	893.3	3174.8
Persons	15 to 24	426.2	1348.3	924.1	626.5	1774.5
	25 to 34	497.4	870.0	556.0	337.2	1367.3
	35 to 44	486.8	700.4	443.2	289.4	1187.2
	45 to 54	341.7	627.9	395.8	221.2	969.6
	55 to 64	191.6	441.8	263.1	152.8	633.4
	65 and over	204.4	555.7	356.6	178.2	760.1
	TOTAL	2148.1	4544.0	2938.9	1805.3	6692.1
Participation rate (%)						
Males	15 to 24	15.4	50.7	34.4	24.4	66.1
	25 to 34	18.7	30.7	18.5	11.3	49.4
	35 to 44	19.1	24.2	14.7	9.9	43.3
	45 to 54	13.1	21.5	12.4	6.1	34.6
	55 to 64	10.3	21.9	12.5	7.4	32.1
	65 and over	9.1	24.5	17.0	7.5	33.7
	TOTAL	14.8	29.5	18.6	11.5	44.2
Females	15 to 24	14.8	44.6	30.9	19.8	59.4
	25 to 34	14.6	27.6	18.7	11.3	42.3
	35 to 44	13.8	23.1	15.2	9.6	36.9
	45 to 54	11.6	23.9	16.2	9.9	35.5
	55 to 64	7.7	19.6	12.2	7.0	27.4
	65 and over	8.4	23.1	13.8	7.7	31.5
	TOTAL	12.1	27.3	18.1	11.1	39.4
Persons	15 to 24	15.1	47.7	32.7	22.2	62.8
	25 to 34	16.7	29.2	18.6	11.3	45.8
	35 to 44	16.4	23.7	15.0	9.8	40.1
	45 to 54	12.4	22.7	14.3	8.0	35.1
	55 to 64	9.0	20.8	12.4	7.2	29.8
	65 and over	8.7	23.8	15.2	7.6	32.5
	TOTAL	13.4	28.4	18.4	11.3	41.8

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

Table 8: All persons — average frequency of participation in physical activity for exercise, recreation and sport, 2005 (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	2.9	3.8	2.3
	25 to 34	2.0	3.1	2.1
	35 to 44	1.9	2.7	1.9
	45 to 54	2.0	2.8	1.7
	55 to 64	2.0	3.1	1.4
	65 and over	2.0	3.3	1.2
	<i>TOTAL</i>	2.0	3.1	1.8
Females	15 to 24	2.5	3.3	2.0
	25 to 34	2.7	3.3	1.9
	35 to 44	2.8	3.3	1.8
	45 to 54	2.9	3.4	1.6
	55 to 64	2.9	3.4	1.4
	65 and over	2.0	3.1	1.1
	<i>TOTAL</i>	2.6	3.3	1.7
Persons	15 to 24	2.8	3.5	2.2
	25 to 34	2.3	3.2	2.0
	35 to 44	2.0	3.0	1.9
	45 to 54	2.3	3.1	1.6
	55 to 64	2.3	3.2	1.4
	65 and over	2.0	3.2	1.1
	TOTAL	2.3	3.2	1.7

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

Table 9: All participants — average frequency of participation, 2005 (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	4.1	2.6
	25 to 34	2.6	3.5	2.4
	35 to 44	2.4	3.2	2.2
	45 to 54	2.9	3.6	2.1
	55 to 64	3.0	3.9	1.8
	65 and over	3.8	4.6	1.6
	<i>TOTAL</i>		3.0	3.8
Females	15 to 24	3.0	3.6	2.3
	25 to 34	3.0	3.9	2.2
	35 to 44	3.0	3.9	2.2
	45 to 54	3.2	4.0	1.9
	55 to 64	3.4	4.2	1.7
	65 and over	3.8	4.3	1.6
	<i>TOTAL</i>		3.0	3.9
Persons	15 to 24	3.0	3.9	2.4
	25 to 34	3.0	3.7	2.3
	35 to 44	2.9	3.6	2.2
	45 to 54	3.0	3.8	2.0
	55 to 64	3.0	4.0	1.7
	65 and over	3.8	4.4	1.6
	TOTAL		3.0	3.8

(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 2005

Table 10: All participants — duration of participation (a)

		One activity	Two activities	Three activities	Total
		Number ('000)			
Five hours or more	More than three sessions weekly	836.1	1247.8	750.0	2833.9
	Two or three sessions weekly	333.1	170.9	28.4	532.5
	Less than two sessions weekly	108.3	27.3	**0	135.6
	<i>Total</i>	<i>1277.5</i>	<i>1446.0</i>	<i>778.4</i>	<i>3501.9</i>
Two hours or more but less than five hours	More than three sessions weekly	937.6	871.9	275.4	2084.9
	Two or three sessions weekly	886.8	543.6	105.2	1535.7
	Less than two sessions weekly	560.5	150.9	**0	711.4
	<i>Total</i>	<i>2384.8</i>	<i>1566.5</i>	<i>380.6</i>	<i>4332.0</i>
Less than two hours	More than three sessions weekly	268.8	75.4	*12	356.2
	Two or three sessions weekly	677.2	200.4	31.5	909.1
	Less than two sessions weekly	1974.3	208.1	*7.4	2189.8
	<i>Total</i>	<i>2920.3</i>	<i>483.9</i>	<i>50.8</i>	<i>3455.1</i>
Total	More than three sessions weekly	2042.4	2195.1	1037.4	5274.9
	Two or three sessions weekly	1897.1	915.0	165.2	2977.3
	Less than two sessions weekly	2643.1	386.3	*7.4	3036.8
	Total	6582.6	3496.4	1209.9	11288.9
		Participation rate (%)			
Five hours or more	More than three sessions weekly	7.4	11.1	6.6	25.1
	Two or three sessions weekly	3.0	1.5	0.3	4.7
	Less than two sessions weekly	1.0	0.2	**0	1.2
	<i>Total</i>	<i>11.3</i>	<i>12.8</i>	<i>6.9</i>	<i>31.0</i>
Two hours or more but less than five hours	More than three sessions weekly	8.3	7.7	2.4	18.5
	Two or three sessions weekly	7.9	4.8	0.9	13.6
	Less than two sessions weekly	5.0	1.3	**0	6.3
	<i>Total</i>	<i>21.1</i>	<i>13.9</i>	<i>3.4</i>	<i>38.4</i>
Less than two hours	More than three sessions weekly	2.4	0.7	*0.1	3.2
	Two or three sessions weekly	6.0	1.8	0.3	8.1
	Less than two sessions weekly	17.5	1.8	*0.1	19.4
	<i>Total</i>	<i>25.9</i>	<i>4.3</i>	<i>0.5</i>	<i>30.6</i>
Total	More than three sessions weekly	18.1	19.4	9.2	46.7
	Two or three sessions weekly	16.8	8.1	1.5	26.4
	Less than two sessions weekly	23.4	3.4	*0.1	26.9
	Total	58.3	31.0	10.7	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 2005. '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 11: All participants — duration of participation, walkers compared to non-walkers (a)

		Non-walking	Walking and other	Walking only	All participants
		Number ('000)			
Five hours or more	More than three sessions weekly	1374.1	983.6	476.2	2833.9
	Two or three sessions weekly	471.8	42.2	*18.5	532.5
	Less than two sessions weekly	131.1	**2.1	**2.3	135.6
	<i>Total</i>	<i>1977.1</i>	<i>1027.9</i>	<i>497.0</i>	<i>3501.9</i>
Two hours or more but less than five hours	More than three sessions weekly	674.2	677.3	733.3	2084.9
	Two or three sessions weekly	967.2	279.6	288.9	1535.7
	Less than two sessions weekly	643.3	35.3	32.8	711.4
	<i>Total</i>	<i>2284.7</i>	<i>992.3</i>	<i>1054.9</i>	<i>4332.0</i>
Less than two hours	More than three sessions weekly	101.3	59.1	195.8	356.2
	Two or three sessions weekly	329.7	115.2	464.2	909.1
	Less than two sessions weekly	1382.8	86.4	720.5	2189.8
	<i>Total</i>	<i>1813.8</i>	<i>260.7</i>	<i>1380.6</i>	<i>3455.1</i>
Total	More than three sessions weekly	2149.7	1720.0	1405.3	5274.9
	Two or three sessions weekly	1768.7	437.0	771.5	2977.3
	Less than two sessions weekly	2157.2	123.9	755.7	3036.8
	Total	6075.6	2280.9	2932.5	11288.9
		Participation rate (%)			
Five hours or more	More than three sessions weekly	12.2	8.7	4.2	25.1
	Two or three sessions weekly	4.2	0.4	*0.2	4.7
	Less than two sessions weekly	1.2	**0	**0	1.2
	<i>Total</i>	<i>17.5</i>	<i>9.1</i>	<i>4.4</i>	<i>31.0</i>
Two hours or more but less than five hours	More than three sessions weekly	6.0	6.0	6.5	18.5
	Two or three sessions weekly	8.6	2.5	2.6	13.6
	Less than two sessions weekly	5.7	0.3	0.3	6.3
	<i>Total</i>	<i>20.2</i>	<i>8.8</i>	<i>9.3</i>	<i>38.4</i>
Less than two hours	More than three sessions weekly	0.9	0.5	1.7	3.2
	Two or three sessions weekly	2.9	1.0	4.1	8.1
	Less than two sessions weekly	12.2	0.8	6.4	19.4
	<i>Total</i>	<i>16.1</i>	<i>2.3</i>	<i>12.2</i>	<i>30.6</i>
Total	More than three sessions weekly	19.0	15.2	12.4	46.7
	Two or three sessions weekly	15.7	3.9	6.8	26.4
	Less than two sessions weekly	19.1	1.1	6.7	26.9
	Total	53.8	20.2	26.0	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 2005. '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 by age

		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	663.3	441.9	437.8	467.1	406.5	417.2	2833.9
	Two or three sessions weekly	124.6	66.4	64.6	92.3	68.3	116.3	532.5
	Less than two sessions weekly	*12.3	35.2	27.9	*17.3	27.4	*15.4	135.6
	<i>Total</i>	800.1	543.6	530.3	576.7	502.3	548.9	3501.9
Two hours or more but less than five hours	More than three sessions weekly	250.0	407.8	411.7	397.5	302.1	315.7	2084.9
	Two or three sessions weekly	409.9	356.9	306.4	226.0	126.7	109.9	1535.7
	Less than two sessions weekly	154.6	117.5	107.7	136.0	94.4	101.2	711.4
	<i>Total</i>	814.5	882.2	825.8	759.4	523.2	526.8	4332.0
Less than two hours	More than three sessions weekly	39.7	59.5	57.7	68.9	50.1	80.2	356.2
	Two or three sessions weekly	106.0	178.5	184.5	176.2	129.2	134.7	909.1
	Less than two sessions weekly	426.6	454.7	443.3	397.0	262.0	206.2	2189.8
	<i>Total</i>	572.2	692.8	685.5	642.1	441.3	421.1	3455.1
Total	More than three sessions weekly	953.0	909.3	907.2	933.5	758.8	813.1	5274.9
	Two or three sessions weekly	640.5	601.9	555.4	494.4	324.2	360.9	2977.3
	Less than two sessions weekly	593.5	607.4	579.0	550.3	383.9	322.9	3036.8
	Total	2186.9	2118.6	2041.6	1978.2	1466.8	1496.9	11288.9
		Participation rate (%)						
Five hours or more	More than three sessions weekly	5.9	3.9	3.9	4.1	3.6	3.7	25.1
	Two or three sessions weekly	1.1	0.6	0.6	0.8	0.6	1.0	4.7
	Less than two sessions weekly	*0.1	0.3	0.2	*0.2	0.2	*0.1	1.2
	<i>Total</i>	7.1	4.8	4.7	5.1	4.4	4.9	31.0
Two hours or more but less than five hours	More than three sessions weekly	2.2	3.6	3.6	3.5	2.7	2.8	18.5
	Two or three sessions weekly	3.6	3.2	2.7	2.0	1.1	1.0	13.6
	Less than two sessions weekly	1.4	1.0	1.0	1.2	0.8	0.9	6.3
	<i>Total</i>	7.2	7.8	7.3	6.7	4.6	4.7	38.4
Less than two hours	More than three sessions weekly	0.4	0.5	0.5	0.6	0.4	0.7	3.2
	Two or three sessions weekly	0.9	1.6	1.6	1.6	1.1	1.2	8.1
	Less than two sessions weekly	3.8	4.0	3.9	3.5	2.3	1.8	19.4
	<i>Total</i>	5.1	6.1	6.1	5.7	3.9	3.7	30.6
Total	More than three sessions weekly	8.4	8.1	8.0	8.3	6.7	7.2	46.7
	Two or three sessions weekly	5.7	5.3	4.9	4.4	2.9	3.2	26.4
	Less than two sessions weekly	5.3	5.4	5.1	4.9	3.4	2.9	26.9
	Total	19.4	18.8	18.1	17.5	13.0	13.3	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 2005. '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 13: Male participants — duration of participation by age

		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	424.0	242.9	217.6	209.1	216.6	231.4	1541.7
	Two or three sessions weekly	95.0	55.0	51.7	59.1	47.3	89.8	397.9
	Less than two sessions weekly	*9.4	33.3	27.1	*15.6	*23.8	*9.2	118.5
	<i>Total</i>	528.4	331.2	296.4	283.9	287.8	330.4	2058.0
Two hours or more but less than five hours	More than three sessions weekly	108.8	164.5	152.8	172.0	129.5	124.2	851.7
	Two or three sessions weekly	172.4	145.7	129.5	104.0	59.7	44.2	655.3
	Less than two sessions weekly	100.2	93.9	77.7	102.9	69.1	53.8	497.7
	<i>Total</i>	381.3	404.0	360.0	378.9	258.3	222.2	2004.7
Less than two hours	More than three sessions weekly	**2.1	30.0	*26.2	39.6	28.8	36.4	163.1
	Two or three sessions weekly	42.7	74.4	70.4	60.7	47.0	42.3	337.5
	Less than two sessions weekly	182.4	206.7	233.7	182.2	125.4	67.5	998.0
	<i>Total</i>	227.2	311.1	330.3	282.5	201.2	146.2	1498.6
Total	More than three sessions weekly	534.9	437.3	396.6	420.7	374.9	392.0	2556.5
	Two or three sessions weekly	310.1	275.1	251.6	223.8	153.9	176.2	1390.7
	Less than two sessions weekly	291.9	333.9	338.6	300.8	218.4	130.5	1614.1
	Total	1137.0	1046.3	986.7	945.3	747.2	698.8	5561.3
		Participation rate (%)						
Five hours or more	More than three sessions weekly	7.6	4.4	3.9	3.8	3.9	4.2	27.7
	Two or three sessions weekly	1.7	1.0	0.9	1.1	0.9	1.6	7.2
	Less than two sessions weekly	*0.2	0.6	0.5	0.3	0.4	0.2	2.1
	<i>Total</i>	9.5	6.0	5.3	5.1	5.2	5.9	37.0
Two hours or more but less than five hours	More than three sessions weekly	2.0	3.0	2.7	3.1	2.3	2.2	15.3
	Two or three sessions weekly	3.1	2.6	2.3	1.9	1.1	0.8	11.8
	Less than two sessions weekly	1.8	1.7	1.4	1.9	1.2	1.0	8.9
	<i>Total</i>	6.9	7.3	6.5	6.8	4.6	4.0	36.0
Less than two hours	More than three sessions weekly	**0	0.5	*0.5	0.7	0.5	0.7	2.9
	Two or three sessions weekly	0.8	1.3	1.3	1.1	0.8	0.8	6.1
	Less than two sessions weekly	3.3	3.7	4.2	3.3	2.3	1.2	17.9
	<i>Total</i>	4.1	5.6	5.9	5.1	3.6	2.6	26.9
Total	More than three sessions weekly	9.6	7.9	7.1	7.6	6.7	7.0	46.0
	Two or three sessions weekly	5.6	4.9	4.5	4.0	2.8	3.2	25.0
	Less than two sessions weekly	5.2	6.0	6.1	5.4	3.9	2.3	29.0
	Total	20.4	18.8	17.7	17.0	13.4	12.6	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 2005. '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 14: Female participants — duration of participation by age

		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	239.2	199.0	220.2	258.0	189.9	185.8	1292.2
	Two or three sessions weekly	29.6	*11.5	*12.9	33.2	*21	26.5	134.6
	Less than two sessions weekly	**2.9	**1.9	**0.8	**1.7	**3.6	**6.2	*17.1
	<i>Total</i>	271.7	212.4	233.9	292.8	214.5	218.5	1443.9
Two hours or more but less than five hours	More than three sessions weekly	141.2	243.4	258.9	225.5	172.7	191.5	1233.2
	Two or three sessions weekly	237.5	211.2	176.9	122.0	67.0	65.7	880.4
	Less than two sessions weekly	54.4	*23.6	30.0	33.1	*25.3	47.4	213.8
	<i>Total</i>	433.1	478.2	465.8	380.5	265.0	304.6	2327.3
Less than two hours	More than three sessions weekly	37.6	29.6	31.5	29.3	*21.3	43.8	193.1
	Two or three sessions weekly	63.3	104.1	114.1	115.5	82.2	92.4	571.6
	Less than two sessions weekly	244.2	248.0	209.6	214.8	136.6	138.7	1191.8
	<i>Total</i>	345.0	381.6	355.2	359.6	240.1	274.9	1956.5
Total	More than three sessions weekly	418.0	472.0	510.6	512.8	383.9	421.1	2718.4
	Two or three sessions weekly	330.4	326.8	303.8	270.6	170.3	184.6	1586.5
	Less than two sessions weekly	301.5	273.5	240.4	249.5	165.4	192.3	1422.7
	Total	1049.9	1072.2	1054.9	1032.9	719.6	798.1	5727.6
		Participation rate (%)						
Five hours or more	More than three sessions weekly	4.2	3.5	3.8	4.5	3.3	3.2	22.6
	Two or three sessions weekly	0.5	*0.2	*0.2	0.6	*0.4	0.5	2.3
	Less than two sessions weekly	**0.1	**0	**0	**0	**0.1	**0.1	*0.3
	<i>Total</i>	4.7	3.7	4.1	5.1	3.7	3.8	25.2
Two hours or more but less than five hours	More than three sessions weekly	2.5	4.2	4.5	3.9	3.0	3.3	21.5
	Two or three sessions weekly	4.1	3.7	3.1	2.1	1.2	1.1	15.4
	Less than two sessions weekly	1.0	*0.4	0.5	0.6	*0.4	0.8	3.7
	<i>Total</i>	7.6	8.3	8.1	6.6	4.6	5.3	40.6
Less than two hours	More than three sessions weekly	0.7	0.5	0.6	0.5	*0.4	0.8	3.4
	Two or three sessions weekly	1.1	1.8	2.0	2.0	1.4	1.6	10.0
	Less than two sessions weekly	4.3	4.3	3.7	3.7	2.4	2.4	20.8
	<i>Total</i>	6.0	6.7	6.2	6.3	4.2	4.8	34.2
Total	More than three sessions weekly	7.3	8.2	8.9	9.0	6.7	7.4	47.5
	Two or three sessions weekly	5.8	5.7	5.3	4.7	3.0	3.2	27.7
	Less than two sessions weekly	5.3	4.8	4.2	4.4	2.9	3.4	24.8
	Total	18.3	18.7	18.4	18.0	12.6	13.9	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 2005. '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: Selected activities by sex, 2005

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)	Number (’000)	Participation rate (%)
Aerobics/fitness	1,167.8	14.7	1,791.9	22.3	2,959.7	18.5
Aquarobics	*18.8	*0.2	146.2	1.8	165.0	1.0
Athletics/track and field	39.1	0.5	33.6	0.4	72.6	0.5
Australian football	488.3	6.1	47.9	0.6	536.2	3.4
Badminton	45.9	0.6	61.0	0.8	106.9	0.7
Baseball	46.0	0.6	*10.0	*0.1	56.1	0.4
Basketball	363.3	4.6	199.8	2.5	563.1	3.5
Billiards/snooker/pool	*14.1	*0.2	**1.2	-	*15.4	*0.1
Boxing	40.9	0.5	26.8	0.3	67.7	0.4
Canoeing/kayaking	91.9	1.2	52.4	0.7	144.3	0.9
Carpet bowls	*9.5	*0.1	32.1	0.4	41.6	0.3
Cricket (indoor)	150.2	1.9	*15.2	*0.2	165.5	1.0
Cricket (outdoor)	402.6	5.1	54.4	0.7	457.0	2.9
Cycling	1,067.2	13.4	579.7	7.2	1,646.9	10.3
Dancing	41.9	0.5	316.3	3.9	358.2	2.2
Darts	*15.3	*0.2	*12.4	*0.2	27.7	0.2
Fishing	293.2	3.7	48.8	0.6	342.0	2.1
Football (indoor)	219.4	2.8	44.7	0.6	264.1	1.7
Football (outdoor)	458.7	5.8	155.6	1.9	614.3	3.8
Golf	920.3	11.6	219.0	2.7	1,139.3	7.1
Gymnastics	*11.9	*0.1	45.7	0.6	57.6	0.4
Hockey (indoor)	*6.9	*0.1	**6.1	**0.1	*13.0	*0.1
Hockey (outdoor)	71.5	0.9	60.2	0.7	131.7	0.8
Horse riding/equestrian activities/polocrosse	63.7	0.8	126.7	1.6	190.4	1.2
Ice/snow sports	145.7	1.8	82.3	1.0	228.0	1.4
Lawn bowls	229.7	2.9	126.8	1.6	356.5	2.2
Martial arts	158.8	2.0	167.0	2.1	325.8	2.0
Motor sports	128.3	1.6	*16.1	*0.2	144.4	0.9
Netball	63.5	0.8	518.2	6.4	581.7	3.6
Orienteering	96.7	1.2	34.5	0.4	131.2	0.8
Rock climbing	52.7	0.7	30.1	0.4	82.8	0.5
Roller sports	75.0	0.9	27.4	0.3	102.4	0.6
Rowing	32.4	0.4	*22.8	*0.3	55.2	0.3
Rugby league	183.9	2.3	*12.0	*0.1	195.9	1.2
Rugby union	152.9	1.9	*13.0	*0.2	165.9	1.0
Running	744.0	9.4	487.6	6.1	1,231.7	7.7
Sailing	101.3	1.3	46.3	0.6	147.6	0.9
Scuba diving	69.0	0.9	*17.8	*0.2	86.8	0.5
Shooting sports	69.9	0.9	**6.1	**0.1	76.0	0.5
Softball	*13.4	*0.2	44.8	0.6	58.1	0.4
Squash/racquetball	175.3	2.2	58.8	0.7	234.1	1.5
Surf sports	355.8	4.5	59.3	0.7	415.0	2.6
Swimming	994.1	12.5	1,317.1	16.4	2,311.2	14.4
Table tennis	83.1	1.0	31.1	0.4	114.2	0.7
Tennis	680.8	8.6	572.5	7.1	1,253.3	7.8
Tenpin bowling	70.5	0.9	54.7	0.7	125.2	0.8
Touch football	240.0	3.0	127.2	1.6	367.2	2.3
Triathlons	31.0	0.4	*13.8	*0.2	44.8	0.3
Volleyball	103.6	1.3	103.2	1.3	206.8	1.3
Walking (bush)	424.7	5.3	485.7	6.0	910.4	5.7
Walking (other)	2,120.5	26.7	3,853.2	47.9	5,973.6	37.3
Water polo	*8.4	*0.1	*8.2	*0.1	*16.5	*0.1
Waterskiing/powerboating	97.3	1.2	45.7	0.6	143.0	0.9
Weight training	206.6	2.6	120.5	1.5	327.1	2.0
Yoga	82.9	1.0	458.2	5.7	541.1	3.4

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

Table 16: Selected activities by age, 2005

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	660.3	738.7	586.7	434.0	264.2	275.7	2,959.7
Aquarobics	**0.3	*21.2	*18.4	*26.3	36.9	62.0	165.0
Athletics/track and field	65.0	**4.4	**1.3	**1.3	**0.6	**0.2	72.6
Australian football	313.5	101.4	85.6	32.4	**3.2	-	536.2
Badminton	34.4	*21.7	*25.5	*12.9	**6.2	**6.4	106.9
Baseball	*23.5	**5.5	*22.1	**3.1	**1.8	-	56.1
Basketball	334.8	137.0	55.5	28.7	**5.1	**2.1	563.1
Billiards/snooker/pool	**3.4	**4.2	**4.0	**0.4	-	**3.3	15.4
Boxing	*23.5	*20.0	*19.8	**4.4	-	-	67.7
Canoeing/kayaking	26.6	*19.6	*25.0	42.8	*21.4	*8.8	144.3
Carpet bowls	**0.3	-	**3.2	**3.2	**2.8	32.1	41.6
Cricket (indoor)	65.3	56.6	28.5	**5.3	*9.7	-	165.5
Cricket (outdoor)	197.8	118.7	98.2	35.1	**5.6	**1.4	457.0
Cycling	238.1	428.4	428.9	303.4	164.2	83.7	1,646.9
Dancing	130.7	51.0	42.8	47.6	41.9	44.0	358.2
Darts	-	**3.8	**4.4	*11.3	*6.8	**1.4	27.7
Fishing	32.4	41.8	81.6	55.1	83.3	47.9	342.0
Football (indoor)	150.6	82.1	*17.6	*7.8	**5.9	-	264.1
Football (outdoor)	340.8	145.8	92.3	27.5	*8.0	-	614.3
Golf	91.7	180.4	225.0	235.7	205.6	200.9	1,139.3
Gymnastics	38.2	*8.8	**1.8	**5.8	**0.4	**2.6	57.6
Hockey (indoor)	*9.0	**1.0	**2.7	**0.2	-	-	*13.0
Hockey (outdoor)	65.7	31.9	*18.0	*13.3	**2.9	-	131.7
Horse riding/equestrian activities/polocrosse	40.7	34.4	35.8	43.5	27.1	*8.8	190.4
Ice/snow sports	52.1	69.4	44.1	41.6	*12.7	*8.1	228.0
Lawn bowls	*6.8	*9.0	*24.6	43.3	76.9	196.0	356.5
Martial arts	110.5	75.9	48.7	34.1	27.3	29.2	325.8
Motor sports	32.8	42.5	33.1	28.2	*7.6	**0.2	144.4
Netball	293.8	143.4	90.8	42.5	*9.2	**2.0	581.7
Orienteering	35.6	39.3	34.8	*20.4	**0.8	**0.2	131.2
Rock climbing	*25.4	*20.2	*17.0	*12.4	**5.5	**2.3	82.8
Roller sports	64.2	*19.4	*16.5	**1.6	**0.6	-	102.4
Rowing	*22.9	*7.5	**3.2	*9.7	*9.2	**2.6	55.2
Rugby league	129.5	35.9	*26.4	**2.5	**1.7	-	195.9
Rugby union	108.0	*25.6	*18.5	*8.1	**3.3	**2.4	165.9
Running	354.6	362.9	306.9	161.4	41.6	**4.3	1,231.7
Sailing	*23.8	*20.4	29.2	33.5	*25.9	*14.9	147.6
Scuba diving	**2.3	38.4	*16.5	*19.4	*7.0	**3.1	86.8
Shooting sports	*15.8	*13.3	*13.5	*9.3	*21.7	**2.5	76.0
Softball	*24.2	*12.6	*12.9	*7.8	**0.7	-	58.1
Squash/racquetball	34.5	72.2	66.5	46.9	*13.7	**0.3	234.1
Surf sports	141.8	95.3	92.0	65.0	*15.1	**5.8	415.0
Swimming	403.1	518.8	537.3	447.9	244.7	159.4	2,311.2
Table tennis	30.6	*20.2	*17.4	*17.1	*7.5	*21.5	114.2
Tennis	253.1	252.9	312.6	234.7	102.5	97.5	1,253.3
Tenpin bowling	*19.4	*15.3	*16.9	32.0	*21.8	*19.7	125.2
Touch football	166.2	118.7	62.6	*17.5	**0.6	**1.5	367.2
Triathlons	**5.5	*21.0	*16.4	**0.3	**1.6	-	44.8
Volleyball	103.8	50.7	31.2	*16.9	**3.6	**0.6	206.8
Walking (bush)	75.2	157.8	178.3	234.8	155.1	109.2	910.4
Walking (other)	470.9	950.1	1,135.5	1,265.5	1,077.5	1,074.1	5,973.6
Water polo	*11.1	**2.2	**1.5	**1.7	-	-	*16.5
Waterskiing/powerboating	32.3	42.7	42.3	*20.9	*2.4	*2.4	143.0
Weight training	44.2	93.8	86.1	46.0	22.9	34.1	327.1
Yoga	50.7	123.3	139.4	115.3	72.6	39.8	541.1

* 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 16 continued: Selected activities by age, 2005

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	23.4	24.8	19.8	15.7	12.4	11.8	18.5
Aquarobics	-	*0.7	*0.6	*1.0	1.7	2.6	1.0
Athletics/track and field	2.3	**0.1	-	-	-	-	0.5
Australian football	11.1	3.4	2.9	1.2	**0.2	-	3.4
Badminton	1.2	*0.7	*0.9	*0.5	**0.3	**0.3	0.7
Baseball	*0.8	**0.2	*0.7	**0.1	**0.1	-	0.4
Basketball	11.8	4.6	1.9	1.0	**0.2	**0.1	3.5
Billiards/snooker/pool	**0.1	**0.1	**0.1	-	-	**0.1	0.1
Boxing	*0.8	*0.7	*0.7	**0.2	-	-	0.4
Canoeing/kayaking	0.9	*0.7	*0.8	1.5	*1.0	*0.4	0.9
Carpet bowls	-	-	**0.1	**0.1	**0.1	1.4	0.3
Cricket (indoor)	2.3	1.9	1.0	**0.2	*0.5	-	1.0
Cricket (outdoor)	7.0	4.0	3.3	1.3	**0.3	**0.1	2.9
Cycling	8.4	14.4	14.5	11.0	7.7	3.6	10.3
Dancing	4.6	1.7	1.4	1.7	2.0	1.9	2.2
Darts	-	**0.1	**0.1	*0.4	*0.3	**0.1	0.2
Fishing	1.1	1.4	2.8	2.0	3.9	2.0	2.1
Football (indoor)	5.3	2.8	*0.6	*0.3	**0.3	-	1.7
Football (outdoor)	12.1	4.9	3.1	1.0	*0.4	-	3.8
Golf	3.2	6.0	7.6	8.5	9.7	8.6	7.1
Gymnastics	1.3	*0.3	**0.1	**0.2	-	**0.1	0.4
Hockey (indoor)	*0.3	-	**0.1	-	-	-	*0.1
Hockey (outdoor)	2.3	1.1	*0.6	*0.5	**0.1	-	0.8
Horse riding/equestrian activities/polocrosse	1.4	1.2	1.2	1.6	1.3	*0.4	1.2
Ice/snow sports	1.8	2.3	1.5	1.5	*0.6	*0.3	1.4
Lawn bowls	*0.2	*0.3	*0.8	1.6	3.6	8.4	2.2
Martial arts	3.9	2.5	1.6	1.2	1.3	1.2	2.0
Motor sports	1.2	1.4	1.1	1.0	*0.4	-	0.9
Netball	10.4	4.8	3.1	1.5	*0.4	**0.1	3.6
Orienteering	1.3	1.3	1.2	*0.7	-	-	0.8
Rock climbing	*0.9	*0.7	*0.6	*0.4	**0.3	**0.1	0.5
Roller sports	2.3	*0.7	*0.6	**0.1	-	-	0.6
Rowing	*0.8	*0.3	**0.1	*0.4	*0.4	**0.1	0.3
Rugby league	4.6	1.2	*0.9	**0.1	**0.1	-	1.2
Rugby union	3.8	*0.9	*0.6	*0.3	**0.2	**0.1	1.0
Running	12.5	12.2	10.4	5.8	2.0	**0.2	7.7
Sailing	*0.8	*0.7	1.0	1.2	*1.2	*0.6	0.9
Scuba diving	**0.1	1.3	*0.6	*0.7	*0.3	**0.1	0.5
Shooting sports	*0.6	*0.4	*0.5	*0.3	*1.0	**0.1	0.5
Softball	*0.9	*0.4	*0.4	*0.3	-	-	0.4
Squash/racquetball	1.2	2.4	2.2	1.7	*0.6	-	1.5
Surf sports	5.0	3.2	3.1	2.4	*0.7	**0.2	2.6
Swimming	14.3	17.4	18.2	16.2	11.5	6.8	14.4
Table tennis	1.1	*0.7	*0.6	*0.6	*0.4	*0.9	0.7
Tennis	9.0	8.5	10.6	8.5	4.8	4.2	7.8
Tenpin bowling	*0.7	*0.5	*0.6	1.2	*1.0	*0.8	0.8
Touch football	5.9	4.0	2.1	*0.6	-	**0.1	2.3
Triathlons	**0.2	*0.7	*0.6	-	**0.1	-	0.3
Volleyball	3.7	1.7	1.1	*0.6	**0.2	-	1.3
Walking (bush)	2.7	5.3	6.0	8.5	7.3	4.7	5.7
Walking (other)	16.7	31.8	38.4	45.8	50.7	45.9	37.3
Water polo	*0.4	**0.1	**0.1	**0.1	-	-	*0.1
Waterskiing/powerboating	1.1	1.4	1.4	*0.8	*0.1	*0.1	0.9
Weight training	1.6	3.1	2.9	1.7	1.1	1.5	2.0
Yoga	1.8	4.1	4.7	4.2	3.4	1.7	3.4

* 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 17: Selected sports and physical activities by frequency of participation, 2005 (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	126.7	102.3	203.5	513.9	711.9	1,301.3	2,959.7
Aquarobics	*17.6	10.4	*12.7	56.6	42.5	*25.3	165.0
Athletics/track and field	*26.0	*9.3	**6.5	*11.5	**4.4	*15.0	72.6
Australian football	60.3	63.3	83.1	105.6	125.9	97.9	536.2
Badminton	*20.5	*24.0	*24.6	*22.4	*10.5	**4.9	106.9
Baseball	*8.8	**3.2	**5.4	*23.0	*7.7	*8.0	56.1
Basketball	66.5	60.5	62.6	207.5	104.4	61.7	563.1
Billiards/snooker/pool	**1.6	**1.0	**0.5	**5.7	**2.3	**4.2	*15.4
Boxing	**6.1	**4.5	*10.6	*23.9	*12.3	*10.3	67.7
Canoeing/kayaking	54.4	28.2	*25.1	*17.4	**6.6	*12.7	144.3
Carpet bowls	**2.1	**0.7	**2.4	*20.7	*9.6	**6.1	41.6
Cricket (indoor)	30.1	36.2	*24.7	54.0	*12.6	*7.8	165.5
Cricket (outdoor)	104.3	53.6	101.1	90.7	77.4	29.8	457.0
Cycling	164.5	186.3	279.2	339.8	260.2	416.9	1,646.9
Dancing	41.3	35.5	28.9	118.5	89.5	44.5	358.2
Darts	**2.7	-	**3.5	*12.3	**4.1	**5.1	27.7
Fishing	74.6	69.9	79.2	81.5	*17.5	*19.3	342.0
Football (indoor)	42.5	31.0	48.0	96.1	*26.2	*20.2	264.1
Football (outdoor)	70.9	53.3	129.1	131.6	125.2	104.3	614.3
Golf	249.9	177.8	164.1	275.4	190.3	81.8	1,139.3
Gymnastics	**3.0	**4.2	**4.4	*7.1	*15.6	*23.1	57.6
Hockey (indoor)	**4.9	**0.2	**1.8	**2.1	-	**4.1	*13.0
Hockey (outdoor)	**4.6	*21.9	*25.4	40.3	33.2	**6.3	131.7
Horse riding/equestrian activities/polocrosse	32.3	*20.3	*18.4	46.0	*14.8	58.7	190.4
Ice/snow sports	107.1	46.0	41.5	*13.9	*11.1	*8.5	228.0
Lawn bowls	42.5	*15.5	*19.0	104.8	90.5	84.2	356.5
Martial arts	*11.6	*25.2	*22.0	96.6	76.3	94.2	325.8
Motor sports	34.9	*24.2	31.4	33.4	**4.5	*15.9	144.4
Netball	47.2	58.8	128.3	186.4	106.3	54.7	581.7
Orienteering	*18.4	*8.8	*14.0	*26.5	27.8	35.6	131.2
Rock climbing	46.2	*12.1	**2.7	*13.7	**3.1	**5.0	82.8
Roller sports	*14.8	*8.3	**7.4	26.9	*11.4	33.5	102.4
Rowing	*9.5	**0.2	**0.5	*14.9	**6.0	*24.2	55.2
Rugby league	*23.1	*15.4	*22.0	44.0	49.0	42.4	195.9
Rugby union	*18.8	*12.3	29.2	37.7	38.3	29.6	165.9
Running	79.0	65.2	98.2	279.0	243.1	467.1	1,231.7
Sailing	*25.8	*16.9	37.6	32.2	*21.7	*13.5	147.6
Scuba diving	*21.0	*25.3	*24.0	*9.7	**2.2	**4.7	86.8
Shooting sports	*23.8	*12.7	*9.4	*14.5	*9.7	**5.8	76.0
Softball	*7.5	**2.6	*21.3	*15.7	*7.9	**3.1	58.1
Squash/racquetball	30.6	*19.0	50.5	78.7	40.9	*14.5	234.1
Surf sports	42.9	61.4	64.0	99.2	51.1	96.4	415.0
Swimming	254.3	306.2	394.2	600.9	383.7	371.9	2,311.2
Table tennis	*14.9	*17.9	*15.6	29.0	*21.2	*15.6	114.2
Tennis	249.1	191.4	234.0	365.0	141.9	72.0	1,253.3
Tenpin bowling	44.4	**4.9	*12.1	46.8	*10.1	*6.9	125.2
Touch football	38.0	42.5	94.0	135.9	38.5	*18.3	367.2
Triathlons	*17.5	**2.6	**2.8	**1.0	*0.1	**20.8	44.8
Volleyball	30.7	36.9	39.8	59.8	*20.3	*19.2	206.8
Walking (bush)	298.5	214.7	110.2	123.7	41.7	121.6	910.4
Walking (other)	118.0	160.2	276.1	773.2	1,069.4	3,576.7	5,973.6
Water polo	**0.2	**2.7	**2.3	**3.4	**3.9	**4.0	*16.5
Waterskiing/powerboating	48.2	32.8	*19.7	35.3	**4.1	**2.9	143.0
Weight training	**4.5	*9.6	*21.8	52.4	79.0	159.8	327.1
Yoga	38.7	46.4	60.0	195.1	114.3	86.7	541.1

(a) Number of times persons undertook the activity, including practice and training, during the 12 months prior to interview in 2005

* 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 sports and physical activities by frequency of participation, 2005 (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	0.6	1.3	3.2	4.4	8.1	18.5	124.6	104
Aquarobics	*0.1	0.1	*0.1	0.4	0.3	*0.2	1.0	67.9	52
Athletics/track and field	*0.2	*0.1	-	*0.1	-	*0.1	0.5	53.1	16
Australian football	0.4	0.4	0.5	0.7	0.8	0.6	3.4	64.0	50
Badminton	*0.1	*0.2	*0.2	*0.1	*0.1	-	0.7	33.2	20
Baseball	*0.1	-	-	*0.1	-	*0.1	0.4	53.9	40
Basketball	0.4	0.4	0.4	1.3	0.7	0.4	3.5	60.0	50
Billiards/snooker/pool	-	-	-	-	-	-	*0.1	209.5	52
Boxing	-	-	*0.1	*0.1	*0.1	*0.1	0.4	86.6	50
Canoeing/kayaking	0.3	0.2	*0.2	*0.1	-	*0.1	0.9	40.7	12
Carpet bowls	-	-	-	*0.1	*0.1	-	0.3	69.9	52
Cricket (indoor)	0.2	0.2	*0.2	0.3	*0.1	-	1.0	36.0	25
Cricket (outdoor)	0.7	0.3	0.6	0.6	0.5	0.2	2.9	40.0	25
Cycling	1.0	1.2	1.7	2.1	1.6	2.6	10.3	89.4	52
Dancing	0.3	0.2	0.2	0.7	0.6	0.3	2.2	69.2	52
Darts	-	-	-	*0.1	-	-	0.2	79.9	52
Fishing	0.5	0.4	0.5	0.5	*0.1	*0.1	2.1	34.3	20
Football (indoor)	0.3	0.2	0.3	0.6	*0.2	*0.1	1.7	45.4	35
Football (outdoor)	0.4	0.3	0.8	0.8	0.8	0.7	3.8	65.8	45
Golf	1.6	1.1	1.0	1.7	1.2	0.5	7.1	44.6	26
Gymnastics	-	-	-	-	*0.1	*0.1	0.4	117.0	104
Hockey (indoor)	-	-	-	-	-	-	*0.1	139.6	16
Hockey (outdoor)	-	*0.1	*0.2	0.3	0.2	-	0.8	48.5	50
Horse riding/equestrian activities/polocrosse	0.2	*0.1	*0.1	0.3	*0.1	0.4	1.2	113.6	52
Ice/snow sports	0.7	0.3	0.3	*0.1	*0.1	*0.1	1.4	24.3	7
Lawn bowls	0.3	*0.1	*0.1	0.7	0.6	0.5	2.2	79.8	52
Martial arts	*0.1	*0.2	*0.1	0.6	0.5	0.6	2.0	98.2	79
Motor sports	0.2	*0.2	0.2	0.2	-	*0.1	0.9	49.2	20
Netball	0.3	0.4	0.8	1.2	0.7	0.3	3.6	55.9	40
Orienteering	*0.1	*0.1	*0.1	*0.2	0.2	0.2	0.8	90.3	52
Rock climbing	0.3	*0.1	-	*0.1	-	-	0.5	26.8	5
Roller sports	*0.1	*0.1	-	0.2	*0.1	0.2	0.6	110.8	52
Rowing	*0.1	-	-	*0.1	-	0.2	0.3	120.7	72
Rugby league	*0.1	*0.1	*0.1	0.3	0.3	0.3	1.2	76.7	52
Rugby union	*0.1	*0.1	0.2	0.2	0.2	0.2	1.0	65.0	40
Running	0.5	0.4	0.6	1.7	1.5	2.9	7.7	106.9	100
Sailing	*0.2	*0.1	0.2	0.2	*0.1	*0.1	0.9	45.9	26
Scuba diving	*0.1	*0.2	*0.1	*0.1	-	-	0.5	44.6	12
Shooting sports	*0.1	*0.1	*0.1	*0.1	*0.1	-	0.5	38.6	16
Softball	-	-	*0.1	*0.1	-	-	0.4	42.2	24
Squash/racquetball	0.2	*0.1	0.3	0.5	0.3	*0.1	1.5	48.2	50
Surf sports	0.3	0.4	0.4	0.6	0.3	0.6	2.6	75.2	45
Swimming	1.6	1.9	2.5	3.8	2.4	2.3	14.4	65.0	48
Table tennis	*0.1	*0.1	*0.1	0.2	*0.1	*0.1	0.7	80.9	48
Tennis	1.6	1.2	1.5	2.3	0.9	0.4	7.8	40.5	25
Tenpin bowling	0.3	-	*0.1	0.3	*0.1	-	0.8	37.1	32
Touch football	0.2	0.3	0.6	0.8	0.2	*0.1	2.3	42.0	29
Triathlons	*0.1	-	-	-	-	*0.1	0.3	119.0	13
Volleyball	0.2	0.2	0.2	0.4	*0.1	*0.1	1.3	45.5	26
Walking (bush)	1.9	1.3	0.7	0.8	0.3	0.8	5.7	49.0	12
Walking (other)	0.7	1.0	1.7	4.8	6.7	22.4	37.3	181.1	156
Water polo	-	-	-	-	-	-	*0.1	75.7	52
Waterskiing/powerboating	0.3	0.2	*0.1	0.2	-	-	0.9	24.2	12
Weight training	-	*0.1	*0.1	0.3	0.5	1.0	2.0	128.7	105
Yoga	0.2	0.3	0.4	1.2	0.7	0.5	3.4	79.6	52

(a) Number of times persons undertook the activity, including practice and training, during the 12 months prior to interview in 2005

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

Table 18: Physical activity for exercise, recreation and sport — type of participation by age and sex, 2005

		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	390.2	367.6	558.4	948.6	926.1	1,316.3
	25 to 34	226.3	589.2	514.9	741.2	1,104.1	1,330.4
	35 to 44	203.8	612.6	436.5	640.3	1,049.1	1,252.9
	45 to 54	144.7	610.4	331.5	476.1	941.9	1,086.5
	55 to 64	120.3	520.3	226.7	347.0	746.9	867.3
	65 and over	165.4	422.9	198.6	364.1	621.5	786.9
	<i>TOTAL</i>	<i>1,250.7</i>	<i>3,123.0</i>	<i>2,266.5</i>	<i>3,517.2</i>	<i>5,389.6</i>	<i>6,640.3</i>
	Females	15 to 24	345.9	430.1	480.0	825.9	910.1
25 to 34		177.8	635.2	448.3	626.1	1,083.5	1,261.3
35 to 44		124.6	707.2	422.4	546.9	1,129.6	1,254.2
45 to 54		111.1	679.3	382.4	493.5	1,061.7	1,172.8
55 to 64		84.6	562.7	201.8	286.5	764.6	849.2
65 and over		148.9	500.1	247.1	396.0	747.2	896.1
<i>TOTAL</i>		<i>992.9</i>	<i>3,514.7</i>	<i>2,182.0</i>	<i>3,174.8</i>	<i>5,696.7</i>	<i>6,689.5</i>
Persons		15 to 24	736.1	797.8	1,038.4	1,774.5	1,836.2
	25 to 34	404.1	1,224.4	963.2	1,367.3	2,187.6	2,591.7
	35 to 44	328.3	1,319.9	858.8	1,187.2	2,178.7	2,507.0
	45 to 54	255.8	1,289.7	713.8	969.6	2,003.6	2,259.3
	55 to 64	205.0	1,083.0	428.5	633.4	1,511.5	1,716.5
	65 and over	314.3	923.0	445.7	760.1	1,368.7	1,683.0
	TOTAL	2,243.6	6,637.7	4,448.5	6,692.1	11,086.3	13,329.8
			Participation rate (%)				
Males	15 to 24	27.2	25.6	38.9	66.1	64.5	91.7
	25 to 34	15.1	39.2	34.3	49.4	73.5	88.6
	35 to 44	13.8	41.4	29.5	43.3	70.9	84.7
	45 to 54	10.5	44.4	24.1	34.6	68.5	79.0
	55 to 64	11.1	48.1	21.0	32.1	69.1	80.3
	65 and over	15.3	39.1	18.4	33.7	57.5	72.8
	<i>TOTAL</i>	<i>15.7</i>	<i>39.3</i>	<i>28.5</i>	<i>44.2</i>	<i>67.8</i>	<i>83.5</i>
	Females	15 to 24	24.9	30.9	34.5	59.4	65.4
25 to 34		12.0	42.9	30.3	42.3	73.1	85.1
35 to 44		8.4	47.7	28.5	36.9	76.2	84.7
45 to 54		8.0	48.9	27.5	35.5	76.4	84.4
55 to 64		8.1	53.8	19.3	27.4	73.0	81.1
65 and over		11.8	39.8	19.6	31.5	59.4	71.3
<i>TOTAL</i>		<i>12.3</i>	<i>43.7</i>	<i>27.1</i>	<i>39.4</i>	<i>70.8</i>	<i>83.1</i>
Persons		15 to 24	26.0	28.2	36.7	62.8	64.9
	25 to 34	13.5	41.0	32.3	45.8	73.3	86.9
	35 to 44	11.1	44.6	29.0	40.1	73.6	84.7
	45 to 54	9.3	46.7	25.8	35.1	72.5	81.7
	55 to 64	9.6	50.9	20.1	29.8	71.1	80.7
	65 and over	13.4	39.5	19.1	32.5	58.5	71.9
	TOTAL	14.0	41.5	27.8	41.8	69.3	83.3

Table 19: All participants in organised physical activity — average frequency of participation, 2005 (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	2.8	1.8
	25 to 34	1.2	2.1	1.5
	35 to 44	1.0	1.8	1.4
	45 to 54	1.1	1.7	1.3
	55 to 64	1.2	1.9	1.2
	65 and over	2.0	2	1.2
	<i>TOTAL</i>	1.5	2.1	1.5
Females	15 to 24	2.0	2.6	1.7
	25 to 34	1.5	2.1	1.5
	35 to 44	1.2	1.9	1.4
	45 to 54	1.6	2.1	1.3
	55 to 64	1.9	2.2	1.4
	65 and over	1.6	2.1	1.3
	<i>TOTAL</i>	1.7	2.2	1.5
Persons	15 to 24	2.0	2.7	1.8
	25 to 34	1.3	2.1	1.5
	35 to 44	1.0	1.8	1.4
	45 to 54	1.4	1.9	1.3
	55 to 64	1.4	2	1.3
	65 and over	1.9	2.1	1.2
	TOTAL	1.5	2.2	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 2005

Table 20: All participants — duration of organised and non-organised participation (a)

		Total organised (b)	Total non-organised (b)	Total (c)
		Number ('000)		
Five hours or more	More than three sessions weekly	1499.9	2416.0	2833.9
	Two or three sessions weekly	424.7	245.5	532.5
	Less than two sessions weekly	90.4	71.0	135.6
	<i>Total</i>	<i>2015.0</i>	<i>2732.5</i>	<i>3501.9</i>
Two hours or more but less than five hours	More than three sessions weekly	623.0	1973.7	2084.9
	Two or three sessions weekly	832.3	1108.1	1535.7
	Less than two sessions weekly	393.8	410.5	711.4
	<i>Total</i>	<i>1849.1</i>	<i>3492.2</i>	<i>4332.0</i>
Less than two hours	More than three sessions weekly	29.7	344.3	356.2
	Two or three sessions weekly	165.8	838.1	909.1
	Less than two sessions weekly	678.9	1656.4	2189.8
	<i>Total</i>	<i>874.5</i>	<i>2838.9</i>	<i>3455.1</i>
Total	More than three sessions weekly	2152.6	4734.0	5274.9
	Two or three sessions weekly	1422.8	2191.7	2977.3
	Less than two sessions weekly	1163.2	2137.9	3036.8
	Total	4738.5	9063.7	11288.9
		Participation rate (%)		
Five hours or more	More than three sessions weekly	13.3	21.4	25.1
	Two or three sessions weekly	3.8	2.2	4.7
	Less than two sessions weekly	0.8	0.6	1.2
	<i>Total</i>	<i>17.8</i>	<i>24.2</i>	<i>31.0</i>
Two hours or more but less than five hours	More than three sessions weekly	5.5	17.5	18.5
	Two or three sessions weekly	7.4	9.8	13.6
	Less than two sessions weekly	3.5	3.6	6.3
	<i>Total</i>	<i>16.4</i>	<i>30.9</i>	<i>38.4</i>
Less than two hours	More than three sessions weekly	0.3	3.1	3.2
	Two or three sessions weekly	1.5	7.4	8.1
	Less than two sessions weekly	6.0	14.7	19.4
	<i>Total</i>	<i>7.7</i>	<i>25.1</i>	<i>30.6</i>
Total	More than three sessions weekly	19.1	41.9	46.7
	Two or three sessions weekly	12.6	19.4	26.4
	Less than two sessions weekly	10.3	18.9	26.9
	Total	42.0	80.3	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 2005. '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 21: Selected activities — type of participation, 2005

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	1,502.8	1,623.2	2,959.7	9.4	10.1	18.5
Aquarobics	115.8	58.3	165.0	0.7	0.4	1.0
Athletics/track and field	66.5	11.9	72.6	0.4	0.1	0.5
Australian football	387.0	180.8	536.2	2.4	1.1	3.4
Badminton	40.3	67.4	106.9	0.3	0.4	0.7
Baseball	49.5	*8.0	56.1	0.3	*0.1	0.4
Basketball	376.3	220.9	563.1	2.4	1.4	3.5
Billiards/snooker/pool	*9.7	**5.6	15.4	*0.1	-	0.1
Boxing	40.5	27.3	67.7	0.3	0.2	0.4
Canoeing/kayaking	42.3	117.4	144.3	0.3	0.7	0.9
Carpet bowls	33.9	*7.7	41.6	0.2	-	0.3
Cricket (indoor)	117.2	68.5	165.5	0.7	0.4	1.0
Cricket (outdoor)	317.1	154.5	457.0	2.0	1.0	2.9
Cycling	143.3	1,576.4	1,646.9	0.9	9.9	10.3
Dancing	295.6	82.7	358.2	1.8	0.5	2.2
Darts	*20.3	*7.5	27.7	*0.1	-	0.2
Fishing	49.8	312.0	342.0	0.3	1.9	2.1
Football (indoor)	181.0	95.4	264.1	1.1	0.6	1.7
Football (outdoor)	431.1	218.1	614.3	2.7	1.4	3.8
Golf	590.8	654.0	1,139.3	3.7	4.1	7.1
Gymnastics	47.2	*14.2	57.6	0.3	*0.1	0.4
Hockey (indoor)	*13.0	**2.1	*13.0	*0.1	-	*0.1
Hockey (outdoor)	121.2	*16.9	131.7	0.8	*0.1	0.8
Horse riding/equestrian activities/polocrosse	82.8	137.1	190.4	0.5	0.9	1.2
Ice/snow sports	45.5	202.0	228.0	0.3	1.3	1.4
Lawn bowls	340.9	32.5	356.5	2.1	0.2	2.2
Martial arts	275.3	62.6	325.8	1.7	0.4	2.0
Motor sports	59.0	89.9	144.4	0.4	0.6	0.9
Netball	510.3	113.1	581.7	3.2	0.7	3.6
Orienteering	48.6	89.5	131.2	0.3	0.6	0.8
Rock climbing	*26.5	63.9	82.8	*0.2	0.4	0.5
Roller sports	**5.7	96.9	102.4	-	0.6	0.6
Rowing	40.3	*15.9	55.2	0.3	*0.1	0.3
Rugby league	128.3	84.9	195.9	0.8	0.5	1.2
Rugby union	149.5	27.1	165.9	0.9	0.2	1.0
Running	147.3	1,143.2	1,231.7	0.9	7.1	7.7
Sailing	106.5	61.1	147.6	0.7	0.4	0.9
Scuba diving	30.3	62.7	86.8	0.2	0.4	0.5
Shooting sports	47.4	34.5	76.0	0.3	0.2	0.5
Softball	53.3	*7.2	58.1	0.3	-	0.4
Squash/racquetball	116.5	129.0	234.1	0.7	0.8	1.5
Surf sports	40.6	403.0	415.0	0.3	2.5	2.6
Swimming	345.8	2,070.8	2,311.2	2.2	12.9	14.4
Table tennis	56.7	62.1	114.2	0.4	0.4	0.7
Tennis	547.5	792.5	1,253.3	3.4	5.0	7.8
Tenpin bowling	71.8	61.6	125.2	0.4	0.4	0.8
Touch football	299.8	86.7	367.2	1.9	0.5	2.3
Triathlons	37.3	*7.5	44.8	0.2	-	0.3
Volleyball	144.9	74.8	206.8	0.9	0.5	1.3
Walking (bush)	99.9	837.6	910.4	0.6	5.2	5.7
Walking (other)	192.5	5,875.3	5,973.6	1.2	36.7	37.3
Water polo	*15.0	**1.5	*16.5	*0.1	-	*0.1
Waterskiing/powerboating	**4.5	138.5	143.0	-	0.9	0.9
Weight training	121.9	233.1	327.1	0.8	1.5	2.0
Yoga	323.5	257.7	541.1	2.0	1.6	3.4

(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 22: Participation in organised activity — type of organisation by age and sex, 2005 (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	202.7	700.7	*17.1	287.4	60.1	948.6
	25 to 34	247.7	569.8	27.5	**2.7	80.6	741.2
	35 to 44	178.8	489.4	50.7	**6.0	57.0	640.3
	45 to 54	108.8	362.4	*17.8	**6.2	55.0	476.1
	55 to 64	94.9	256.5	**6.7	-	39.3	347.0
	65 and over	70.9	288.8	**1.5	**0.8	49.5	364.1
	TOTAL		903.8	2,667.6	121.4	303.1	341.5
Females	15 to 24	276.5	530.1	*17.3	195.0	75.1	825.9
	25 to 34	321.8	366.9	*12.9	*10.9	64.1	626.1
	35 to 44	260.9	323.9	*8.8	*13.1	65.0	546.9
	45 to 54	218.7	272.6	*13.7	**5.2	63.0	493.5
	55 to 64	107.2	169.0	**6.1	**1.8	52.7	286.5
	65 and over	140.2	219.3	**5.4	-	101.9	396.0
	TOTAL		1,325.2	1,881.8	64.1	226.1	421.9
Persons	15 to 24	479.2	1,230.8	34.4	482.4	135.2	1,774.5
	25 to 34	569.4	936.7	40.4	*13.6	144.7	1,367.3
	35 to 44	439.7	813.3	59.5	*19.1	122.0	1,187.2
	45 to 54	327.5	635.1	31.5	*11.4	118.0	969.6
	55 to 64	202.1	425.5	*12.8	**1.8	92.0	633.4
	65 and over	211.1	508.1	*6.9	**0.8	151.4	760.1
	TOTAL		2,229.0	4,549.4	185.5	529.2	763.4
Participation rate (%)							
Males	15 to 24	14.1	48.8	*1.2	20.0	4.2	66.1
	25 to 34	16.5	37.9	1.8	**0.2	5.4	49.4
	35 to 44	12.1	33.1	3.4	**0.4	3.9	43.3
	45 to 54	7.9	26.3	*1.3	**0.5	4.0	34.6
	55 to 64	8.8	23.7	**0.6	-	3.6	32.1
	65 and over	6.6	26.7	**0.1	**0.1	4.6	33.7
	TOTAL		11.4	33.5	1.5	3.8	4.3
Females	15 to 24	19.9	38.1	*1.2	14.0	5.4	59.4
	25 to 34	21.7	24.8	*0.9	*0.7	4.3	42.3
	35 to 44	17.6	21.9	*0.6	*0.9	4.4	36.9
	45 to 54	15.7	19.6	*1.0	**0.4	4.5	35.5
	55 to 64	10.2	16.1	**0.6	**0.2	5.0	27.4
	65 and over	11.1	17.4	**0.4	-	8.1	31.5
	TOTAL		16.5	23.4	0.8	2.8	5.2
Persons	15 to 24	16.9	43.5	1.2	17.1	4.8	62.8
	25 to 34	19.1	31.4	1.4	*0.5	4.9	45.8
	35 to 44	14.9	27.5	2.0	*0.6	4.1	40.1
	45 to 54	11.8	23.0	1.1	*0.4	4.3	35.1
	55 to 64	9.5	20.0	*0.6	**0.1	4.3	29.8
	65 and over	9.0	21.7	*0.3	-	6.5	32.5
	TOTAL		13.9	28.4	1.2	3.3	4.8

(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 2005. 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 23: Participation in organised activity — states and territories by age and sex, 2005 (a)

		ACT	NSW	NT	QLD	SA	TAS	VIC	WA	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	15 to 24	20.0	313.0	10.0	180.2	79.1	21.6	238.8	85.9	948.6
	25 to 34	14.4	246.0	8.9	150.5	60.9	10.8	186.8	63.0	741.2
	35 to 44	11.9	207.7	6.5	126.5	40.2	11.1	165.9	70.4	640.3
	45 to 54	7.6	152.4	3.9	90.8	36.3	13.3	124.0	47.8	476.1
	55 to 64	5.9	104.7	2.2	56.7	26.2	9.4	106.8	35.1	347.0
	65 and over	4.9	126.5	*1.0	73.9	33.2	8.6	89.2	26.8	364.1
	TOTAL	64.6	1,150.2	32.5	678.6	275.9	74.9	911.5	329.0	3,517.2
Females	15 to 24	15.4	279.1	7.5	144.8	61.6	17.3	210.4	89.8	825.9
	25 to 34	13.4	184.2	6.0	129.5	42.3	13.9	161.2	75.7	626.1
	35 to 44	11.0	186.0	5.9	106.7	39.2	11.1	133.8	53.3	546.9
	45 to 54	8.4	173.5	3.1	88.9	31.8	11.0	122.2	54.5	493.5
	55 to 64	6.9	105.3	1.6	38.1	27.1	8.7	59.5	39.2	286.5
	65 and over	4.5	131.0	*1.5	52.9	36.3	9.3	121.7	38.8	396.0
	TOTAL	59.5	1,059.2	25.6	560.7	238.4	71.3	808.8	351.3	3,174.8
Persons	15 to 24	35.3	592.1	17.5	325.0	140.7	38.9	449.2	175.7	1,774.5
	25 to 34	27.8	430.1	14.9	280.0	103.2	24.7	348.0	138.7	1,367.3
	35 to 44	22.9	393.7	12.4	233.2	79.5	22.2	299.7	123.7	1,187.2 w
	45 to 54	15.9	326.0	7.0	179.7	68.1	24.4	246.2	102.3	969.6
	55 to 64	12.8	210.0	3.9	94.8	53.3	18.1	166.3	74.3	633.4
	65 and over	9.3	257.6	2.5	126.8	69.5	17.9	210.9	65.6	760.1
	TOTAL	124.1	2,209.5	58.2	1,239.4	514.3	146.1	1,720.3	680.2	6,692.1
Participation rate (%)										
Males	15 to 24	80.8	66.9	73.0	63.8	75.9	66.0	65.8	58.4	66.1
	25 to 34	54.2	49.4	51.6	52.0	59.2	38.0	47.7	42.5	49.4
	35 to 44	51.5	42.3	38.8	43.6	36.8	34.6	45.2	47.2	43.3
	45 to 54	35.1	33.7	30.1	33.6	34.1	38.7	37.0	33.4	34.6
	55 to 64	35.7	29.4	25.7	26.0	30.7	33.0	41.0	33.0	32.1
	65 and over	37.6	34.3	*24.4	36.7	35.2	30.3	32.5	27.4	33.7
	TOTAL	51.5	43.7	44.3	43.7	45.8	40.6	45.8	41.5	44.2
Females	15 to 24	64.2	61.7	57.5	53.1	61.3	54.9	59.7	62.0	59.4
	25 to 34	53.3	37.0	37.1	44.5	43.0	46.1	42.6	52.2	42.3
	35 to 44	45.8	38.3	40.9	36.4	35.6	32.3	36.0	36.0	36.9
	45 to 54	35.7	38.3	26.0	32.7	29.3	31.2	35.8	38.0	35.5
	55 to 64	42.6	30.7	26.3	18.2	31.5	31.0	23.1	39.5	27.4
	65 and over	30.1	30.1	*42.0	23.8	32.2	27.2	37.6	34.7	31.5
	TOTAL	46.6	39.7	39.2	36.0	38.7	36.8	39.9	44.4	39.4
Persons	15 to 24	72.6	64.3	65.4	58.5	68.8	60.6	62.8	60.2	62.8
	25 to 34	53.8	43.2	44.6	48.2	51.3	42.1	45.2	47.3	45.8
	35 to 44	48.6	40.3	39.7	40.0	36.2	33.4	40.6	41.6	40.1
	45 to 54	35.4	36.0	28.2	33.1	31.7	34.9	36.4	35.7	35.1
	55 to 64	39.1	30.0	26.0	22.2	31.1	32.0	32.1	36.1	29.8
	65 and over	33.6	32.1	32.7	30.0	33.6	28.6	35.3	31.3	32.5
	TOTAL	49.1	41.7	41.9	39.8	42.2	38.7	42.8	43.0	41.8

(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 2005. 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 24: All persons aged 15 years and over — frequency of participation, Australian Capital Territory, 2005

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	**0.5	3.8	6.4	4.5	9.5	24.7
	25 to 34	2.8	2.8	9.7	6.1	5.1	26.5
	35 to 44	*2.0	3.9	6.0	5.3	5.9	23.1
	45 to 54	2.6	2.6	6.6	4.1	5.6	21.5
	55 to 64	*1.9	*1.2	3.2	4.2	6.1	16.5
	65 and over	2.4	*0.9	3.6	*1.4	4.5	12.9
	TOTAL		12.2	15.3	35.6	25.6	36.7
Females	15 to 24	2.6	*2.0	6.1	7.5	5.7	23.9
	25 to 34	2.8	3.3	6.9	5.6	6.5	25.1
	35 to 44	2.3	*1.9	6.2	6.4	7.2	23.9
	45 to 54	2.6	2.8	6.1	4.0	7.8	23.4
	55 to 64	*1.0	2.1	4.5	4.0	4.5	16.3
	65 and over	4.2	*1.3	3.3	2.7	3.4	14.9
	TOTAL		15.7	13.4	33.3	30.2	35.1
Persons	15 to 24	3.1	5.8	12.6	12.0	15.2	48.7
	25 to 34	5.6	6.1	16.7	11.7	11.5	51.7
	35 to 44	4.3	5.8	12.3	11.7	13.0	47.1
	45 to 54	5.3	5.4	12.7	8.2	13.4	45.0
	55 to 64	2.9	3.3	7.7	8.3	10.6	32.8
	65 and over	6.7	2.2	6.9	4.0	7.9	27.8
	TOTAL		27.8	28.7	68.9	55.8	71.7

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

Males	15 to 24	**1.9	15.4	26.0	18.3	38.5	100.0
	25 to 34	10.7	10.7	36.6	22.9	19.1	100.0
	35 to 44	*8.5	16.9	26.2	23.1	25.4	100.0
	45 to 54	12.2	12.2	30.5	19.1	26.0	100.0
	55 to 64	*11.2	*7.1	19.4	25.5	36.7	100.0
	65 and over	18.8	*7.1	28.2	*10.6	35.3	100.0
	TOTAL		9.7	12.2	28.4	20.4	29.2
Females	15 to 24	11.0	*8.3	25.7	31.2	23.9	100.0
	25 to 34	11.2	13.2	27.6	22.4	25.7	100.0
	35 to 44	9.6	*7.9	26.0	26.6	29.9	100.0
	45 to 54	11.3	11.9	26.2	17.3	33.3	100.0
	55 to 64	*6.2	13.2	27.9	24.8	27.9	100.0
	65 and over	28.5	*8.9	22.0	17.9	22.8	100.0
	TOTAL		12.3	10.5	26.1	23.7	27.5
Persons	15 to 24	6.4	11.9	25.8	24.6	31.3	100.0
	25 to 34	10.9	11.9	32.3	22.6	22.3	100.0
	35 to 44	9.0	12.3	26.1	24.8	27.7	100.0
	45 to 54	11.7	12.1	28.3	18.1	29.8	100.0
	55 to 64	8.7	10.1	23.6	25.2	32.4	100.0
	65 and over	24.0	8.1	24.9	14.5	28.6	100.0
	TOTAL		11.0	11.4	27.2	22.1	28.4

(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 25: All persons aged 15 years and over — frequency of participation in organised activity, Australian Capital Territory, 2005

Sex	Age group (years)	None	Zero — once	Once or twice	Three or	Five or	Total
			per week (a)	per week (b)	four times per week (c)	more times per week	
		Number ('000)					
Males	15 to 24	4.8	5.0	7.1	2.4	5.5	24.7
	25 to 34	12.1	4.9	6.7	*2.0	*0.8	26.5
	35 to 44	11.2	4.8	3.6	2.1	*1.4	23.1
	45 to 54	14.0	2.1	3.9	*1.0	**0.5	21.5
	55 to 64	10.6	*1.7	*2.0	*1.5	*0.7	16.5
	65 and over	8.0	*1.5	2.3	*0.8	**0.3	12.9
	TOTAL		60.8	20.0	25.6	9.8	9.2
Females	15 to 24	8.6	3.5	6.4	2.9	2.6	23.9
	25 to 34	11.7	4.3	5.6	2.2	*1.3	25.1
	35 to 44	13.0	3.7	4.3	2.6	**0.4	23.9
	45 to 54	15.1	2.5	4.0	*1.1	*0.7	23.4
	55 to 64	9.3	2.4	3.2	*1.1	**0.3	16.3
	65 and over	10.4	*1.0	2.5	**0.4	*0.6	14.9
	TOTAL		68.1	17.3	26.1	10.2	5.9
Persons	15 to 24	13.3	8.5	13.5	5.2	8.1	48.7
	25 to 34	23.9	9.2	12.3	4.2	*2.1	51.7
	35 to 44	24.2	8.5	7.9	4.7	*1.8	47.1
	45 to 54	29.0	4.6	8.0	2.1	*1.2	45.0
	55 to 64	20.0	4.1	5.2	2.7	*0.9	32.8
	65 and over	18.5	2.5	4.8	*1.1	*0.9	27.8
	TOTAL		128.9	37.3	51.7	20.0	15.1

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

Males	15 to 24	19.2	20.2	28.8	9.6	22.1	100.0
	25 to 34	45.8	18.3	25.2	*7.6	*3.1	100.0
	35 to 44	48.5	20.8	15.4	9.2	*6.2	100.0
	45 to 54	64.9	9.9	18.3	*4.6	**2.3	100.0
	55 to 64	64.3	*10.2	*12.2	*9.2	*4.1	100.0
	65 and over	62.4	*11.8	17.6	*5.9	**2.4	100.0
	TOTAL	48.5	16.0	20.4	7.8	7.3	100.0
Females	15 to 24	35.8	14.7	26.6	11.9	11.0	100.0
	25 to 34	46.7	17.1	22.4	8.6	*5.3	100.0
	35 to 44	54.2	15.3	18.1	10.7	**1.7	100.0
	45 to 54	64.3	10.7	17.3	*4.8	3.0	100.0
	55 to 64	57.4	14.7	19.4	*7.0	**1.6	100.0
	65 and over	69.9	*6.5	17.1	**2.4	*4.1	100.0
	TOTAL	53.4	13.6	20.4	8.0	4.6	100.0
Persons	15 to 24	27.4	17.5	27.7	10.8	16.7	100.0
	25 to 34	46.2	17.7	23.8	8.1	*4.1	100.0
	35 to 44	51.4	18.0	16.8	10.0	*3.9	100.0
	45 to 54	64.6	10.3	17.8	4.7	*2.6	100.0
	55 to 64	60.9	12.4	15.8	8.1	*2.8	100.0
	65 and over	66.4	8.9	17.3	*4.0	*3.3	100.0
	TOTAL	50.9	14.8	20.4	7.9	6.0	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 26: All persons aged 15 years and over — frequency of participation, New South Wales, 2005

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	*19.6	70.6	145.7	92.4	139.6	468.0
	25 to 34	62.2	110.7	113.3	97.5	113.8	497.5
	35 to 44	68.0	97.7	147.3	83.3	95.1	491.4
	45 to 54	107.1	49.6	127.9	79.1	88.4	452.1
	55 to 64	57.7	48.0	87.4	69.1	94.3	356.5
	65 and over	104.8	30.2	70.7	58.1	104.8	368.8
	TOTAL	419.6	406.9	692.3	479.5	636.0	2634.3
Females	15 to 24	33.3	85.1	107.9	116.2	110.2	452.7
	25 to 34	84.9	48.4	133.1	121.7	109.1	497.2
	35 to 44	75.2	57.9	120.9	103.6	128.3	486.0
	45 to 54	70.0	50.3	125.6	110.5	96.6	453.0
	55 to 64	58.5	30.4	70.8	67.6	116.5	343.7
	65 and over	130.7	30.1	92.1	69.6	112.3	434.8
	TOTAL	452.6	302.2	650.4	589.2	673.1	2667.4
Persons	15 to 24	52.9	155.7	253.7	208.6	249.9	920.7
	25 to 34	147.2	159.1	246.4	219.2	222.9	994.8
	35 to 44	143.2	155.7	268.2	186.9	223.4	977.4
	45 to 54	177.1	99.9	253.4	189.6	185.0	905.1
	55 to 64	116.2	78.3	158.2	136.7	210.8	700.2
	65 and over	235.5	60.3	162.8	127.7	217.2	803.5
	TOTAL	872.1	709.1	1342.7	1068.7	1309.1	5301.7

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

Males	15 to 24	*4.2	15.1	31.1	19.7	29.8	100.0
	25 to 34	12.5	22.3	22.8	19.6	22.9	100.0
	35 to 44	13.8	19.9	30.0	17.0	19.3	100.0
	45 to 54	23.7	11.0	28.3	17.5	19.6	100.0
	55 to 64	16.2	13.5	24.5	19.4	26.5	100.0
	65 and over	28.4	8.2	19.2	15.8	28.4	100.0
	TOTAL	15.9	15.4	26.3	18.2	24.1	100.0
Females	15 to 24	7.3	18.8	23.8	25.7	24.3	100.0
	25 to 34	17.1	9.7	26.8	24.5	21.9	100.0
	35 to 44	15.5	11.9	24.9	21.3	26.4	100.0
	45 to 54	15.5	11.1	27.7	24.4	21.3	100.0
	55 to 64	17.0	8.8	20.6	19.7	33.9	100.0
	65 and over	30.1	6.9	21.2	16.0	25.8	100.0
	TOTAL	17.0	11.3	24.4	22.1	25.2	100.0
Persons	15 to 24	5.7	16.9	27.5	22.7	27.1	100.0
	25 to 34	14.8	16.0	24.8	22.0	22.4	100.0
	35 to 44	14.7	15.9	27.4	19.1	22.9	100.0
	45 to 54	19.6	11.0	28.0	21.0	20.4	100.0
	55 to 64	16.6	11.2	22.6	19.5	30.1	100.0
	65 and over	29.3	7.5	20.3	15.9	27.0	100.0
	TOTAL	16.5	13.4	25.3	20.2	24.7	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 27: All persons aged 15 years and over — frequency of participation in organised activity, New South Wales, 2005

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	155.0	70.6	129.8	52.6	60.0	468.0
	25 to 34	251.5	116.4	86.7	32.2	*10.7	497.5
	35 to 44	283.7	100.9	53.2	39.6	*14.0	491.4
	45 to 54	299.7	65.2	71.5	*15.8	**0.0	452.1
	55 to 64	251.8	31.4	54.2	*12.1	**7.0	356.5
	65 and over	242.3	*28.3	77.0	*17.3	**3.9	368.8
	TOTAL	1484.1	412.7	472.4	169.5	95.6	2634.3
Females	15 to 24	173.6	81.9	90.8	56.9	49.5	452.7
	25 to 34	313.1	60.2	70.9	36.1	*16.9	497.2
	35 to 44	300.0	69.9	65.1	34.8	*16.2	486.0
	45 to 54	279.4	66.3	69.0	*24.5	*13.7	453.0
	55 to 64	238.3	*28.0	42.1	*18.6	*16.7	343.7
	65 and over	303.7	32.8	68.9	*20.8	**8.6	434.8
	TOTAL	1608.2	339.1	406.9	191.7	121.5	2667.4
Persons	15 to 24	328.6	152.5	220.6	109.5	109.5	920.7
	25 to 34	564.6	176.6	157.7	68.3	*27.6	994.8
	35 to 44	583.8	170.8	118.3	74.4	30.2	977.4
	45 to 54	579.1	131.5	140.5	40.3	*13.7	905.1
	55 to 64	490.1	59.4	96.2	30.7	*23.7	700.2
	65 and over	546.0	61.1	146.0	38.0	*12.5	803.5
	TOTAL	3092.2	751.8	879.3	361.2	217.1	5301.7
Proportion of each demographic group within each category (row %)							
Males	15 to 24	33.1	15.1	27.7	11.2	12.8	100.0
	25 to 34	50.6	23.4	17.4	6.5	*2.2	100.0
	35 to 44	57.7	20.5	10.8	8.1	*2.8	100.0
	45 to 54	66.3	14.4	15.8	*3.5	**0.0	100.0
	55 to 64	70.6	8.8	15.2	*3.4	**2.0	100.0
	65 and over	65.7	*7.7	20.9	*4.7	**1.1	100.0
	TOTAL	56.3	15.7	17.9	6.4	3.6	100.0
Females	15 to 24	38.3	18.1	20.1	12.6	10.9	100.0
	25 to 34	63.0	12.1	14.3	7.3	*3.4	100.0
	35 to 44	61.7	14.4	13.4	7.2	*3.3	100.0
	45 to 54	61.7	14.6	15.2	*5.4	*3.0	100.0
	55 to 64	69.3	*8.1	12.2	*5.4	*4.8	100.0
	65 and over	69.9	7.5	15.9	*4.8	**2.0	100.0
	TOTAL	60.3	12.7	15.3	7.2	4.6	100.0
Persons	15 to 24	35.7	16.6	24.0	11.9	11.9	100.0
	25 to 34	56.8	17.8	15.9	6.9	*2.8	100.0
	35 to 44	59.7	17.5	12.1	7.6	3.1	100.0
	45 to 54	64.0	14.5	15.5	4.4	*1.5	100.0
	55 to 64	70.0	8.5	13.7	4.4	*3.4	100.0
	65 and over	67.9	7.6	18.2	4.7	*1.6	100.0
	TOTAL	58.3	14.2	16.6	6.8	4.1	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 28: All persons aged 15 years and over — frequency of participation, Northern Territory, 2005

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	2.0	1.8	3.5	3.1	3.2	13.7
	25 to 34	1.7	3.6	4.0	3.8	4.1	17.3
	35 to 44	2.6	2.8	3.7	2.6	5.1	16.9
	45 to 54	3.3	2.4	1.7	2.3	3.2	13.0
	55 to 64	2.3	*0.8	*1.1	*0.8	3.7	8.7
	65 and over	1.6	**0.3	*0.9	*0.4	*0.8	4.1
	TOTAL	13.7	11.7	15.0	12.9	20.1	73.5
Females	15 to 24	*1.1	2.0	3.3	1.8	4.8	13.1
	25 to 34	1.7	*1.3	3.6	2.9	6.6	16.1
	35 to 44	2.2	*1.2	3.8	2.9	4.3	14.4
	45 to 54	2.4	*1.4	2.6	*1.5	4.0	11.9
	55 to 64	1.7	**0.5	*1.0	*0.9	2.1	6.3
	65 and over	*0.7	*0.6	**0.4	*1.0	*0.8	3.6
	TOTAL	9.9	7.1	14.7	11.0	22.7	65.3
Persons	15 to 24	3.2	3.8	6.8	4.9	8.0	26.7
	25 to 34	3.4	4.9	7.7	6.7	10.7	33.4
	35 to 44	4.8	4.0	7.5	5.5	9.4	31.2
	45 to 54	5.7	3.8	4.3	3.8	7.3	24.9
	55 to 64	4.1	*1.3	2.1	*1.7	5.8	14.9
	65 and over	2.4	*0.9	*1.4	*1.4	1.6	7.7
	TOTAL	23.5	18.8	29.8	23.9	42.8	138.8

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

Males	15 to 24	14.7	13.4	25.8	22.5	23.6	100.0
	25 to 34	10.0	20.8	23.3	22.2	23.9	100.0
	35 to 44	15.7	16.6	22.1	15.2	30.3	100.0
	45 to 54	25.6	18.7	13.1	17.7	24.9	100.0
	55 to 64	26.9	*9.1	*12.8	*8.9	42.3	100.0
	65 and over	40.5	**7.1	*23.2	*10.1	*19.1	100.0
	TOTAL	18.6	16.0	20.4	17.6	27.4	100.0
Females	15 to 24	*8.8	15.3	25.1	14.1	36.7	100.0
	25 to 34	10.7	*8.0	22.6	17.8	40.8	100.0
	35 to 44	15.0	*8.6	26.3	20.2	29.9	100.0
	45 to 54	19.9	*11.8	21.8	*12.5	34.0	100.0
	55 to 64	27.6	**7.8	*16.4	*14.2	34.1	100.0
	65 and over	*20.4	*17.8	**12.1	*26.9	*22.8	100.0
	TOTAL	15.1	10.8	22.6	16.8	34.7	100.0
Persons	15 to 24	11.8	14.4	25.4	18.4	30.0	100.0
	25 to 34	10.3	14.6	22.9	20.1	32.0	100.0
	35 to 44	15.4	12.9	24.0	17.5	30.1	100.0
	45 to 54	22.8	15.4	17.3	15.2	29.2	100.0
	55 to 64	27.2	*8.5	14.3	*11.1	38.9	100.0
	65 and over	31.0	*12.2	*18.0	*18.1	20.8	100.0
	TOTAL	17.0	13.5	21.4	17.2	30.8	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

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

Table 29: All persons aged 15 years and over — frequency of participation in organised activity, Northern Territory, 2005

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	3.7	3.1	3.8	2.0	*1.1	13.7
	25 to 34	8.4	2.7	3.6	2.1	**0.4	17.3
	35 to 44	10.3	3.3	2.2	0.5	0.5	16.9
	45 to 54	9.1	1.7	*1.4	0.5	**0.3	13.0
	55 to 64	6.4	*0.9	*1.0	**0.1	**0.2	8.7
	65 and over	3.1	**0.3	0.5	**0.2	**0.0	4.1
	TOTAL	41.0	12.0	12.7	5.4	2.5	73.5
Females	15 to 24	5.6	2.2	2.9	*0.7	1.7	13.1
	25 to 34	10.1	1.8	3.0	*0.8	**0.3	16.1
	35 to 44	8.5	1.9	2.4	*0.7	*0.8	14.4
	45 to 54	8.8	*1.1	*0.6	*0.6	*0.7	11.9
	55 to 64	4.6	*0.6	*0.7	**0.3	**0.1	6.3
	65 and over	2.1	*0.6	0.5	**0.4	**0.0	3.6
	TOTAL	39.7	8.1	10.2	3.6	3.7	65.3
Persons	15 to 24	9.2	5.2	6.7	2.7	2.8	26.7
	25 to 34	18.5	4.5	6.7	2.9	*0.8	33.4
	35 to 44	18.8	5.2	4.6	*1.2	*1.3	31.2
	45 to 54	17.9	2.8	2.1	*1.2	*1.0	24.9
	55 to 64	11.1	*1.4	1.7	**0.4	**0.4	14.9
	65 and over	5.2	0.8	*1.1	*0.6	**0.0	7.7
	TOTAL	80.7	20.1	22.9	9.0	6.2	138.8
Proportion of each demographic group within each category (row %)							
Males	15 to 24	27.0	22.5	28.1	14.6	*7.9	100.0
	25 to 34	48.4	15.8	21.1	12.2	**2.5	100.0
	35 to 44	61.2	19.8	13.1	2.9	2.9	100.0
	45 to 54	69.9	13.0	*11.1	3.9	**2.1	100.0
	55 to 64	74.3	*10.3	*11.6	**1.3	**2.6	100.0
	65 and over	75.6	**7.1	13.1	**4.2	**0.0	100.0
	TOTAL	55.7	16.3	17.2	7.3	3.4	100.0
Females	15 to 24	42.5	16.6	22.2	*5.5	13.3	100.0
	25 to 34	62.9	11.0	18.8	*5.2	**2.1	100.0
	35 to 44	59.1	13.3	16.9	*4.9	*5.7	100.0
	45 to 54	74.0	*9.5	*5.2	*5.4	*5.9	100.0
	55 to 64	73.7	*8.9	*10.9	**4.4	**2.2	100.0
	65 and over	58.0	*15.1	14.8	**12.1	**0.0	100.0
	TOTAL	60.8	12.4	15.6	5.5	5.7	100.0
Persons	15 to 24	34.6	19.6	25.2	10.1	10.5	100.0
	25 to 34	55.4	13.5	20.0	8.8	*2.3	100.0
	35 to 44	60.3	16.8	14.9	*3.9	*4.2	100.0
	45 to 54	71.8	11.3	8.3	*4.6	*3.9	100.0
	55 to 64	74.0	*9.7	11.3	**2.6	**2.4	100.0
	65 and over	67.3	10.9	*13.9	*7.9	**0.0	100.0
	TOTAL	58.1	14.5	16.5	6.5	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 30: All persons aged 15 years and over — frequency of participation, Queensland, 2005

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	32.1	22.3	105.0	49.1	74.1	282.5
	25 to 34	35.7	65.6	87.6	52.0	48.7	289.5
	35 to 44	45.8	64.2	82.4	40.5	57.0	289.9
	45 to 54	64.3	37.6	75.9	33.0	59.3	270.1
	55 to 64	55.6	41.3	37.8	26.2	57.4	218.3
	65 and over	45.1	29.0	40.4	24.4	62.6	201.4
	TOTAL	278.5	259.9	429.2	225.1	359.1	1551.8
Females	15 to 24	47.4	30.0	84.2	50.5	60.6	272.7
	25 to 34	39.7	57.1	55.5	61.9	76.7	291.0
	35 to 44	50.0	50.4	50.0	62.3	80.2	292.9
	45 to 54	56.2	23.1	70.4	53.0	69.2	271.9
	55 to 64	51.6	27.7	46.8	35.4	47.8	209.3
	65 and over	71.2	*10.5	50.3	27.8	61.9	221.8
	TOTAL	316.1	198.9	357.3	290.9	396.4	1559.6
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	3111.4

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

Males	15 to 24	11.4	7.9	37.2	17.4	26.2	100.0
	25 to 34	12.3	22.6	30.3	18.0	16.8	100.0
	35 to 44	15.8	22.1	28.4	14.0	19.7	100.0
	45 to 54	23.8	13.9	28.1	12.2	22.0	100.0
	55 to 64	25.5	18.9	17.3	12.0	26.3	100.0
	65 and over	22.4	14.4	20.0	12.1	31.1	100.0
	TOTAL	17.9	16.8	27.7	14.5	23.1	100.0
Females	15 to 24	17.4	11.0	30.9	18.5	22.2	100.0
	25 to 34	13.7	19.6	19.1	21.3	26.4	100.0
	35 to 44	17.1	17.2	17.1	21.3	27.4	100.0
	45 to 54	20.7	8.5	25.9	19.5	25.4	100.0
	55 to 64	24.7	13.2	22.4	16.9	22.8	100.0
	65 and over	32.1	*4.7	22.7	12.6	27.9	100.0
	TOTAL	20.3	12.8	22.9	18.7	25.4	100.0
Persons	15 to 24	14.3	9.4	34.1	17.9	24.3	100.0
	25 to 34	13.0	21.1	24.7	19.6	21.6	100.0
	35 to 44	16.4	19.7	22.7	17.6	23.5	100.0
	45 to 54	22.2	11.2	27.0	15.9	23.7	100.0
	55 to 64	25.1	16.1	19.8	14.4	24.6	100.0
	65 and over	27.5	9.4	21.4	12.3	29.4	100.0
	TOTAL	19.1	14.7	25.3	16.6	24.3	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 31: All persons aged 15 years and over — frequency of participation in organised activity, Queensland, 2005

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	102.3	47.3	72.6	38.7	*21.7	282.5
	25 to 34	139.0	48.7	66.5	24.2	*11.2	289.5
	35 to 44	163.4	51.3	45.7	*20.3	*9.2	289.9
	45 to 54	179.4	31.0	42.9	*14.6	**2.2	270.1
	55 to 64	161.6	*19.5	24.2	*8.2	**4.7	218.3
	65 and over	127.5	29.0	32.7	**6.1	**6.1	201.4
	TOTAL	873.1	226.8	284.6	112.1	55.1	1551.8
Females	15 to 24	128.0	26.9	64.2	33.5	*20.2	272.7
	25 to 34	161.5	45.0	48.3	*17.4	*18.8	291.0
	35 to 44	186.3	35.6	45.9	*17.8	*7.4	292.9
	45 to 54	183.0	27.3	38.8	*16.0	*6.8	271.9
	55 to 64	171.3	*12.2	*19.4	**4.0	**2.5	209.3
	65 and over	168.9	*10.5	26.5	*10.6	**5.2	221.8
	TOTAL	998.9	157.6	242.9	99.3	60.9	1559.6
Persons	15 to 24	230.3	74.2	136.7	72.1	41.9	555.3
	25 to 34	300.5	93.7	114.7	41.5	30.0	580.4
	35 to 44	349.6	86.9	91.6	38.1	*16.6	582.8
	45 to 54	362.4	58.4	81.7	30.6	*9.0	542.0
	55 to 64	332.9	31.7	43.6	*12.2	*7.2	427.6
	65 and over	296.4	39.5	59.2	*16.8	*11.4	423.2
	TOTAL	1872.0	384.4	527.6	211.4	116.0	3111.4

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

Males	15 to 24	36.2	16.7	25.7	13.7	*7.7	100.0
	25 to 34	48.0	16.8	23.0	8.3	*3.9	100.0
	35 to 44	56.4	17.7	15.8	*7.0	*3.2	100.0
	45 to 54	66.4	11.5	15.9	*5.4	**0.8	100.0
	55 to 64	74.0	*8.9	11.1	*3.8	**2.2	100.0
	65 and over	63.3	14.4	16.2	**3.0	**3.0	100.0
	TOTAL	56.3	14.6	18.3	7.2	3.6	100.0
Females	15 to 24	46.9	9.9	23.5	12.3	*7.4	100.0
	25 to 34	55.5	15.5	16.6	*6.0	*6.5	100.0
	35 to 44	63.6	12.1	15.7	*6.1	*2.5	100.0
	45 to 54	67.3	10.1	14.3	*5.9	*2.5	100.0
	55 to 64	81.8	*5.8	*9.3	**1.9	**1.2	100.0
	65 and over	76.2	*4.7	11.9	*4.8	**2.4	100.0
	TOTAL	64.0	10.1	15.6	6.4	3.9	100.0
Persons	15 to 24	41.5	13.4	24.6	13.0	7.5	100.0
	25 to 34	51.8	16.1	19.8	7.2	5.2	100.0
	35 to 44	60.0	14.9	15.7	6.5	*2.8	100.0
	45 to 54	66.9	10.8	15.1	5.6	*1.7	100.0
	55 to 64	77.8	7.4	10.2	*2.9	*1.7	100.0
	65 and over	70.0	9.3	14.0	*4.0	*2.7	100.0
	TOTAL	60.2	12.4	17.0	6.8	3.7	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, South Australia, 2005

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	*7.1	14.7	31.5	28.9	22.0	104.2
	25 to 34	10.4	21.2	29.1	16.4	25.8	102.8
	35 to 44	20.5	24.3	38.5	11.0	15.0	109.2
	45 to 54	22.3	22.7	28.0	11.9	21.3	106.2
	55 to 64	18.9	11.6	19.4	11.8	23.7	85.3
	65 and over	24.9	10.0	22.5	15.6	21.2	94.2
	TOTAL	104.1	104.5	168.9	95.6	129.0	602.0
Females	15 to 24	*9.3	16.3	29.2	15.7	29.9	100.4
	25 to 34	18.0	14.6	23.5	24.4	18.0	98.4
	35 to 44	16.2	15.4	29.7	25.1	24.0	110.4
	45 to 54	21.4	12.6	24.0	19.6	31.0	108.6
	55 to 64	13.7	11.2	22.2	18.2	20.8	86.1
	65 and over	29.5	11.5	25.6	17.9	28.3	112.9
	TOTAL	108.1	81.5	154.3	121.0	152.0	616.8
Persons	15 to 24	16.4	31.0	60.7	44.7	51.9	204.6
	25 to 34	28.3	35.7	52.6	40.8	43.7	201.2
	35 to 44	36.7	39.6	68.2	36.2	38.9	219.6
	45 to 54	43.7	35.3	52.0	31.5	52.3	214.8
	55 to 64	32.6	22.7	41.5	30.0	44.6	171.4
	65 and over	54.4	21.6	48.2	33.5	49.5	207.1
	TOTAL	212.1	185.9	323.2	216.6	281.0	1218.8

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

Males	15 to 24	*6.8	14.1	30.2	27.7	21.1	100.0
	25 to 34	10.1	20.6	28.3	16.0	25.1	100.0
	35 to 44	18.8	22.2	35.2	10.1	13.7	100.0
	45 to 54	21.0	21.4	26.3	11.2	20.1	100.0
	55 to 64	22.1	13.6	22.7	13.8	27.8	100.0
	65 and over	26.4	10.6	23.9	16.5	22.5	100.0
	TOTAL	17.3	17.4	28.1	15.9	21.4	100.0
Females	15 to 24	9.2	16.2	29.1	15.7	29.8	100.0
	25 to 34	18.2	14.8	23.9	24.8	18.2	100.0
	35 to 44	14.7	13.9	26.9	22.8	21.7	100.0
	45 to 54	19.7	11.6	22.1	18.1	28.5	100.0
	55 to 64	15.9	13.0	25.7	21.2	24.2	100.0
	65 and over	26.1	10.2	22.7	15.8	25.1	100.0
	TOTAL	17.5	13.2	25.0	19.6	24.6	100.0
Persons	15 to 24	8.0	15.1	29.7	21.8	25.4	100.0
	25 to 34	14.1	17.8	26.1	20.3	21.7	100.0
	35 to 44	16.7	18.0	31.0	16.5	17.7	100.0
	45 to 54	20.3	16.4	24.2	14.7	24.4	100.0
	55 to 64	19.0	13.3	24.2	17.5	26.0	100.0
	65 and over	26.3	10.4	23.3	16.2	23.9	100.0
	TOTAL	17.4	15.3	26.5	17.8	23.1	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 33: All persons aged 15 years and over — frequency of participation in organised activity, South Australia, 2005

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	25.1	18.2	32.5	19.0	9.5	104.2
	25 to 34	41.9	22.3	29.1	*3.2	*6.3	102.8
	35 to 44	69.0	20.1	13.8	*3.9	**2.4	109.2
	45 to 54	70.0	14.7	17.5	*3.2	**0.9	106.2
	55 to 64	59.1	*9.0	12.3	**1.9	*3.0	85.3
	65 and over	61.0	11.3	15.6	*5.6	**0.7	94.2
	TOTAL		326.1	95.7	120.7	36.8	22.8
Females	15 to 24	38.8	25.4	24.1	*5.1	*7.0	100.4
	25 to 34	56.1	16.2	17.1	*6.5	**2.5	98.4
	35 to 44	71.1	13.4	15.7	*6.8	*3.4	110.4
	45 to 54	76.8	9.4	14.7	*5.8	**1.9	108.6
	55 to 64	59.0	10.0	12.4	*4.3	**0.4	86.1
	65 and over	76.6	10.2	19.2	**2.9	*4.1	112.9
	TOTAL		378.4	84.5	103.2	31.3	19.3
Persons	15 to 24	63.9	43.6	56.6	24.1	16.5	204.6
	25 to 34	98.0	38.5	46.2	9.7	*8.8	201.2
	35 to 44	140.1	33.5	29.5	10.7	*5.7	219.6
	45 to 54	146.7	24.1	32.1	*9.0	**2.8	214.8
	55 to 64	118.1	19.0	24.7	*6.2	*3.4	171.4
	65 and over	137.6	21.5	34.7	*8.5	*4.8	207.1
	TOTAL		704.5	180.2	223.9	68.2	42.1
Proportion of each demographic group within each category (row %)							
Males	15 to 24	24.1	17.4	31.1	18.2	9.1	100.0
	25 to 34	40.8	21.7	28.3	*3.1	*6.2	100.0
	35 to 44	63.2	18.4	12.6	*3.6	**2.2	100.0
	45 to 54	65.9	13.8	16.5	*3.0	**0.8	100.0
	55 to 64	69.3	*10.6	14.4	**2.2	*3.5	100.0
	65 and over	64.8	12.0	16.5	*6.0	**0.7	100.0
	TOTAL		54.2	15.9	20.0	6.1	3.8
Females	15 to 24	38.7	25.3	24.0	*5.1	*7.0	100.0
	25 to 34	57.0	16.4	17.4	*6.7	**2.5	100.0
	35 to 44	64.4	12.1	14.3	*6.1	*3.1	100.0
	45 to 54	70.7	8.7	13.5	*5.4	**1.8	100.0
	55 to 64	68.5	11.6	14.4	*5.0	**0.5	100.0
	65 and over	67.8	9.0	17.0	**2.5	*3.7	100.0
	TOTAL		61.3	13.7	16.7	5.1	3.1
Persons	15 to 24	31.2	21.3	27.7	11.8	8.1	100.0
	25 to 34	48.7	19.1	22.9	4.8	*4.4	100.0
	35 to 44	63.8	15.2	13.5	4.9	*2.6	100.0
	45 to 54	68.3	11.2	15.0	*4.2	**1.3	100.0
	55 to 64	68.9	11.1	14.4	*3.6	*2.0	100.0
	65 and over	66.4	10.4	16.8	*4.1	*2.3	100.0
	TOTAL		57.8	14.8	18.4	5.6	3.5

(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, Tasmania, 2005

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	*2.1	5.6	8.4	7.0	9.8	32.8
	25 to 34	4.4	6.0	8.0	4.4	5.8	28.4
	35 to 44	8.4	4.1	7.6	5.4	6.6	32.1
	45 to 54	7.4	7.7	7.2	6.8	5.3	34.4
	55 to 64	5.7	4.9	6.2	4.1	7.5	28.4
	65 and over	6.2	3.2	6.2	3.9	9.1	28.5
	TOTAL	34.1	31.5	43.4	31.6	44.0	184.6
Females	15 to 24	4.3	4.8	7.0	7.8	7.6	31.4
	25 to 34	3.9	5.3	6.8	5.0	9.3	30.2
	35 to 44	4.6	4.5	9.4	5.3	10.6	34.3
	45 to 54	7.1	4.6	8.8	7.0	7.8	35.3
	55 to 64	6.6	*2.3	5.7	4.9	8.6	28.2
	65 and over	10.5	*2.5	8.6	3.6	8.9	34.0
	TOTAL	37.0	24.0	46.2	33.6	52.7	193.5
Persons	15 to 24	6.4	10.4	15.4	14.8	17.4	64.2
	25 to 34	8.2	11.3	14.7	9.4	15.0	58.6
	35 to 44	13.1	8.6	16.9	10.7	17.1	66.4
	45 to 54	14.4	12.3	16.0	13.9	13.1	69.7
	55 to 64	12.3	7.2	11.8	9.1	16.2	56.5
	65 and over	16.6	5.7	14.7	7.5	18.0	62.5
	TOTAL	71.0	55.4	89.6	65.2	96.8	378.0

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

Males	15 to 24	*6.4	17.0	25.5	21.3	29.8	100.0
	25 to 34	15.4	20.9	28.1	15.4	20.3	100.0
	35 to 44	26.2	12.8	23.6	16.9	20.5	100.0
	45 to 54	21.5	22.5	20.8	19.9	15.3	100.0
	55 to 64	20.0	17.3	21.7	14.6	26.5	100.0
	65 and over	21.6	11.1	21.6	13.6	32.0	100.0
	TOTAL	18.5	17.0	23.5	17.1	23.8	100.0
Females	15 to 24	13.6	15.2	22.2	24.8	24.1	100.0
	25 to 34	12.8	17.7	22.4	16.5	30.7	100.0
	35 to 44	13.6	13.0	27.3	15.3	30.8	100.0
	45 to 54	20.0	13.0	25.0	19.9	22.1	100.0
	55 to 64	23.6	*8.1	20.2	17.5	30.7	100.0
	65 and over	30.8	*7.4	25.2	10.5	26.1	100.0
	TOTAL	19.1	12.4	23.9	17.3	27.3	100.0
Persons	15 to 24	9.9	16.1	23.9	23.0	27.0	100.0
	25 to 34	14.0	19.2	25.1	15.9	25.6	100.0
	35 to 44	19.7	12.9	25.5	16.1	25.8	100.0
	45 to 54	20.7	17.7	22.9	19.9	18.8	100.0
	55 to 64	21.8	12.7	20.9	16.0	28.6	100.0
	65 and over	26.6	9.1	23.5	11.9	28.8	100.0
	TOTAL	18.8	14.7	23.7	17.2	25.6	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

Table 35: All persons aged 15 years and over — frequency of participation in organised activity, Tasmania, 2005

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	11.2	6.3	7.3	4.9	3.1	32.8
	25 to 34	17.6	3.5	4.3	*1.4	*1.5	28.4
	35 to 44	21.0	4.3	4.1	*1.8	**0.9	32.1
	45 to 54	21.1	7.5	3.9	**0.8	*1.1	34.4
	55 to 64	19.0	4.0	3.2	*1.5	**0.7	28.4
	65 and over	19.8	*2.5	4.7	**0.7	**0.8	28.5
	TOTAL	109.7	28.1	27.7	11.0	8.0	184.6
Females	15 to 24	14.2	4.8	8.3	*1.3	*2.8	31.4
	25 to 34	16.3	6.8	4.7	*1.2	*1.3	30.2
	35 to 44	23.2	3.8	4.5	*1.5	*1.2	34.3
	45 to 54	24.3	3.6	5.0	*2.2	**0.2	35.3
	55 to 64	19.5	3.2	3.7	*1.2	**0.6	28.2
	65 and over	24.7	*2.4	5.4	**0.3	*1.2	34.0
	TOTAL	122.2	24.6	31.6	7.7	7.4	193.5
Persons	15 to 24	25.3	11.1	15.7	6.2	5.9	64.2
	25 to 34	33.9	10.3	9.0	2.6	2.8	58.6
	35 to 44	44.2	8.1	8.7	3.2	*2.1	66.4
	45 to 54	45.4	11.1	8.9	*3.0	*1.3	69.7
	55 to 64	38.4	7.2	6.9	*2.7	*1.3	56.5
	65 and over	44.6	4.8	10.1	**1.0	*2.0	62.5
	TOTAL	231.9	52.7	59.3	18.8	15.4	378.0

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

Males	15 to 24	34.0	19.1	22.4	14.9	9.6	100.0
	25 to 34	62.0	12.5	15.2	*5.1	*5.2	100.0
	35 to 44	65.4	13.4	12.9	*5.5	**2.8	100.0
	45 to 54	61.3	21.9	11.5	**2.3	*3.1	100.0
	55 to 64	67.0	14.0	11.3	*5.2	**2.5	100.0
	65 and over	69.7	*8.7	16.6	**2.4	**2.7	100.0
	TOTAL	59.4	15.2	15.0	6.0	4.4	100.0
Females	15 to 24	45.1	15.2	26.5	*4.3	*8.9	100.0
	25 to 34	53.9	22.4	15.5	*3.9	*4.4	100.0
	35 to 44	67.7	11.2	13.2	*4.3	*3.6	100.0
	45 to 54	68.8	10.3	14.1	*6.3	**0.5	100.0
	55 to 64	69.0	11.4	13.0	*4.3	**2.2	100.0
	65 and over	72.8	*6.9	15.9	**0.9	*3.5	100.0
	TOTAL	63.2	12.7	16.3	4.0	3.8	100.0
Persons	15 to 24	39.4	17.2	24.4	9.7	9.3	100.0
	25 to 34	57.9	17.6	15.3	4.5	4.8	100.0
	35 to 44	66.6	12.3	13.1	4.9	*3.2	100.0
	45 to 54	65.1	16.0	12.8	*4.3	*1.8	100.0
	55 to 64	68.0	12.7	12.2	*4.7	*2.3	100.0
	65 and over	71.4	7.7	16.2	**1.6	*3.1	100.0
	TOTAL	61.3	13.9	15.7	5.0	4.1	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, Victoria, 2005

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	36.0	39.3	94.8	74.7	118.1	362.9
	25 to 34	36.1	67.4	124.5	72.5	90.9	391.4
	35 to 44	59.6	85.3	74.1	85.4	62.8	367.2
	45 to 54	57.8	53.5	71.9	60.7	90.9	334.7
	55 to 64	49.1	40.2	71.8	35.9	63.7	260.8
	65 and over	85.3	*21.2	47.7	40.2	79.6	274.1
	TOTAL	323.9	306.9	484.8	369.5	506.0	1991.1
Females	15 to 24	26.0	40.5	123.9	86.7	75.1	352.1
	25 to 34	49.5	51.4	100.0	79.0	98.7	378.7
	35 to 44	53.8	54.7	97.1	94.9	71.3	371.8
	45 to 54	31.1	50.4	73.8	75.4	111.0	341.7
	55 to 64	43.9	30.8	51.7	59.1	72.0	257.6
	65 and over	86.3	34.8	68.0	49.5	85.3	323.9
	TOTAL	290.6	262.6	514.6	444.6	513.4	2025.8
Persons	15 to 24	62.0	79.8	218.7	161.4	193.2	715.0
	25 to 34	85.6	118.8	224.5	151.5	189.6	770.1
	35 to 44	113.4	140.0	171.1	180.3	134.1	739.0
	45 to 54	88.8	103.9	145.7	136.1	201.9	676.5
	55 to 64	93.1	71.0	123.6	95.0	135.7	518.4
	65 and over	171.6	55.9	115.7	89.8	164.9	597.9
	TOTAL	614.5	569.4	999.4	814.1	1019.4	4016.9

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

Males	15 to 24	9.9	10.8	26.1	20.6	32.6	100.0
	25 to 34	9.2	17.2	31.8	18.5	23.2	100.0
	35 to 44	16.2	23.2	20.2	23.3	17.1	100.0
	45 to 54	17.3	16.0	21.5	18.1	27.1	100.0
	55 to 64	18.8	15.4	27.5	13.8	24.4	100.0
	65 and over	31.1	*7.7	17.4	14.7	29.0	100.0
	TOTAL	16.3	15.4	24.3	18.6	25.4	100.0
Females	15 to 24	7.4	11.5	35.2	24.6	21.3	100.0
	25 to 34	13.1	13.6	26.4	20.9	26.1	100.0
	35 to 44	14.5	14.7	26.1	25.5	19.2	100.0
	45 to 54	9.1	14.8	21.6	22.1	32.5	100.0
	55 to 64	17.1	11.9	20.1	22.9	28.0	100.0
	65 and over	26.6	10.7	21.0	15.3	26.3	100.0
	TOTAL	14.3	13.0	25.4	21.9	25.3	100.0
Persons	15 to 24	8.7	11.2	30.6	22.6	27.0	100.0
	25 to 34	11.1	15.4	29.2	19.7	24.6	100.0
	35 to 44	15.3	18.9	23.2	24.4	18.1	100.0
	45 to 54	13.1	15.4	21.5	20.1	29.8	100.0
	55 to 64	18.0	13.7	23.8	18.3	26.2	100.0
	65 and over	28.7	9.4	19.4	15.0	27.6	100.0
	TOTAL	15.3	14.2	24.9	20.3	25.4	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 37: All persons aged 15 years and over — frequency of participation in organised activity, Victoria, 2005

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	124.1	46.2	94.5	55.7	42.4	362.9
	25 to 34	204.6	59.7	77.8	25.9	*23.4	391.4
	35 to 44	201.4	67.5	63.5	28.3	**6.5	367.2
	45 to 54	210.7	41.4	50.2	*17.7	*14.7	334.7
	55 to 64	154.0	29.5	48.5	24.3	**4.5	260.8
	65 and over	184.9	*21.2	35.7	23.4	*8.8	274.1
	TOTAL	1079.6	265.5	370.4	175.3	100.3	1991.1
Females	15 to 24	141.8	37.6	120.8	28.8	*23.2	352.1
	25 to 34	217.5	54.5	66.1	25.5	*15.2	378.7
	35 to 44	238.0	59.1	38.0	30.9	**5.8	371.8
	45 to 54	219.5	37.7	42.3	29.5	*12.7	341.7
	55 to 64	198.1	*17.0	29.2	**6.6	**6.6	257.6
	65 and over	202.1	38.2	51.3	*16.8	*15.5	323.9
	TOTAL	1217.0	244.0	347.6	138.1	79.1	2025.8
Persons	15 to 24	265.8	83.8	215.3	84.5	65.6	715.0
	25 to 34	422.1	114.2	143.9	51.4	38.5	770.1
	35 to 44	439.3	126.7	101.5	59.2	*12.4	739.0
	45 to 54	430.3	79.1	92.5	47.2	27.5	676.5
	55 to 64	352.1	46.5	77.7	30.9	*11.1	518.4
	65 and over	387.0	59.3	87.0	40.2	*24.4	597.9
	TOTAL	2296.6	509.5	718.0	313.4	179.4	4016.9
Proportion of each demographic group within each category (row %)							
Males	15 to 24	34.2	12.7	26.0	15.4	11.7	100.0
	25 to 34	52.3	15.2	19.9	6.6	*6.0	100.0
	35 to 44	54.8	18.4	17.3	7.7	**1.8	100.0
	45 to 54	63.0	12.4	15.0	*5.3	*4.4	100.0
	55 to 64	59.0	11.3	18.6	9.3	**1.7	100.0
	65 and over	67.5	*7.7	13.0	8.5	*3.2	100.0
	TOTAL	54.2	13.3	18.6	8.8	5.0	100.0
Females	15 to 24	40.3	10.7	34.3	8.2	*6.6	100.0
	25 to 34	57.4	14.4	17.4	6.7	*4.0	100.0
	35 to 44	64.0	15.9	10.2	8.3	**1.6	100.0
	45 to 54	64.2	11.0	12.4	8.6	*3.7	100.0
	55 to 64	76.9	*6.6	11.3	**2.6	**2.6	100.0
	65 and over	62.4	11.8	15.8	*5.2	*4.8	100.0
	TOTAL	60.1	12.0	17.2	6.8	3.9	100.0
Persons	15 to 24	37.2	11.7	30.1	11.8	9.2	100.0
	25 to 34	54.8	14.8	18.7	6.7	5.0	100.0
	35 to 44	59.4	17.1	13.7	8.0	*1.7	100.0
	45 to 54	63.6	11.7	13.7	7.0	4.1	100.0
	55 to 64	67.9	9.0	15.0	6.0	*2.1	100.0
	65 and over	64.7	9.9	14.6	6.7	*4.1	100.0
	TOTAL	57.2	12.7	17.9	7.8	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 38: All persons aged 15 years and over — frequency of participation, Western Australia, 2005

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	20.2	27.8	34.1	20.4	44.4	147.1
	25 to 34	17.9	29.4	39.9	20.2	40.7	148.2
	35 to 44	19.2	34.1	35.3	28.8	31.8	149.1
	45 to 54	24.3	22.7	35.3	26.6	34.5	143.4
	55 to 64	22.2	16.6	23.1	*10.2	34.1	106.2
	65 and over	24.4	*9.9	12.2	16.8	34.4	97.7
	TOTAL	128.2	140.6	179.9	123.1	220.0	791.7
Females	15 to 24	*11.4	21.9	40.5	34.7	36.4	144.8
	25 to 34	19.8	17.4	37.5	34.1	36.2	145.0
	35 to 44	23.0	24.6	27.8	36.9	35.5	147.8
	45 to 54	25.5	*7.2	35.2	28.0	47.2	143.2
	55 to 64	20.3	*7.5	22.8	13.9	34.7	99.3
	65 and over	28.5	*9.0	18.8	15.0	40.5	111.9
	TOTAL	128.6	87.6	182.6	162.7	230.5	791.9
Persons	15 to 24	31.6	49.7	74.6	55.2	80.8	291.9
	25 to 34	37.7	46.8	77.4	54.3	76.9	293.2
	35 to 44	42.2	58.7	63.0	65.7	67.2	296.9
	45 to 54	49.8	29.9	70.5	54.7	81.7	286.6
	55 to 64	42.5	24.2	45.9	24.1	68.9	205.5
	65 and over	52.9	18.8	31.0	31.9	74.9	209.5
	TOTAL	256.8	228.2	362.5	285.7	450.5	1583.6

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

Males	15 to 24	13.8	18.9	23.2	13.9	30.2	100.0
	25 to 34	12.1	19.9	26.9	13.6	27.5	100.0
	35 to 44	12.9	22.9	23.6	19.3	21.3	100.0
	45 to 54	16.9	15.8	24.6	18.6	24.1	100.0
	55 to 64	20.9	15.7	21.8	*9.6	32.1	100.0
	65 and over	24.9	*10.1	12.5	17.2	35.2	100.0
	TOTAL	16.2	17.8	22.7	15.5	27.8	100.0
Females	15 to 24	*7.8	15.1	28.0	24.0	25.1	100.0
	25 to 34	13.7	12.0	25.9	23.5	25.0	100.0
	35 to 44	15.6	16.7	18.8	25.0	24.0	100.0
	45 to 54	17.8	*5.0	24.6	19.6	33.0	100.0
	55 to 64	20.5	*7.6	23.0	14.0	35.0	100.0
	65 and over	25.5	*8.0	16.8	13.5	36.2	100.0
	TOTAL	16.2	11.1	23.1	20.5	29.1	100.0
Persons	15 to 24	10.8	17.0	25.5	18.9	27.7	100.0
	25 to 34	12.9	16.0	26.4	18.5	26.2	100.0
	35 to 44	14.2	19.8	21.2	22.1	22.6	100.0
	45 to 54	17.4	10.4	24.6	19.1	28.5	100.0
	55 to 64	20.7	11.8	22.3	11.7	33.5	100.0
	65 and over	25.2	9.0	14.8	15.2	35.8	100.0
	TOTAL	16.2	14.4	22.9	18.0	28.4	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 39: All persons aged 15 years and over — frequency of participation in organised activity, Western Australia, 2005

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	61.1	24.1	29.2	21.7	*10.9	147.1
	25 to 34	85.2	22.8	16.1	15.1	*9.0	148.2
	35 to 44	78.8	29.9	25.1	*10.7	*4.6	149.1
	45 to 54	95.6	17.2	20.2	*5.1	*5.3	143.4
	55 to 64	71.1	14.8	*11.1	*6.4	**2.8	106.2
	65 and over	70.9	*4.6	15.3	*4.6	**2.3	97.7
	TOTAL	462.8	113.4	117.0	63.7	34.8	791.7
Females	15 to 24	55.0	23.2	27.4	20.2	19.0	144.8
	25 to 34	69.2	27.7	26.2	14.4	*7.5	145.0
	35 to 44	94.5	17.2	23.7	*10.9	**1.5	147.8
	45 to 54	88.7	12.8	20.8	12.9	*8.0	143.2
	55 to 64	60.1	*7.5	21.8	*7.8	**2.0	99.3
	65 and over	73.1	*10.3	19.3	*6.3	**2.9	111.9
	TOTAL	440.6	98.8	139.1	72.5	40.9	791.9
Persons	15 to 24	116.2	47.3	56.6	41.9	29.9	291.9
	25 to 34	154.5	50.5	42.3	29.4	16.5	293.2
	35 to 44	173.3	47.1	48.8	21.6	*6.1	296.9
	45 to 54	184.3	30.0	41.0	18.0	13.4	286.6
	55 to 64	131.2	22.3	32.9	14.3	*4.8	205.5
	65 and over	144.0	14.8	34.6	*11.0	*5.2	209.5
	TOTAL	903.4	212.1	256.2	136.2	75.7	1583.6
Proportion of each demographic group within each category (row %)							
Males	15 to 24	41.6	16.4	19.9	14.8	*7.4	100.0
	25 to 34	57.5	15.4	10.9	10.2	*6.1	100.0
	35 to 44	52.8	20.1	16.8	*7.2	*3.1	100.0
	45 to 54	66.6	12.0	14.1	*3.6	*3.7	100.0
	55 to 64	67.0	13.9	*10.5	*6.1	**2.6	100.0
	65 and over	72.6	*4.7	15.6	*4.7	**2.4	100.0
	TOTAL	58.5	14.3	14.8	8.0	4.4	100.0
Females	15 to 24	38.0	16.0	18.9	13.9	13.1	100.0
	25 to 34	47.8	19.1	18.1	9.9	*5.2	100.0
	35 to 44	64.0	11.6	16.0	*7.4	**1.0	100.0
	45 to 54	62.0	9.0	14.5	9.0	*5.6	100.0
	55 to 64	60.5	*7.6	22.0	*7.9	**2.0	100.0
	65 and over	65.3	*9.2	17.2	*5.7	**2.6	100.0
	TOTAL	55.6	12.5	17.6	9.2	5.2	100.0
Persons	15 to 24	39.8	16.2	19.4	14.4	10.2	100.0
	25 to 34	52.7	17.2	14.4	10.0	5.6	100.0
	35 to 44	58.4	15.9	16.4	7.3	*2.0	100.0
	45 to 54	64.3	10.5	14.3	6.3	4.7	100.0
	55 to 64	63.9	10.9	16.0	6.9	*2.3	100.0
	65 and over	68.7	7.1	16.5	*5.2	*2.5	100.0
	TOTAL	57.0	13.4	16.2	8.6	4.8	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

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

Table 40: Selected activities — Australian Capital Territory, 2005

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	Æ000	%
Aerobics/fitness	26.5	21.2	34.4	27.0	60.9	24.1
Aquarobics	**0.2	**0.1	2.1	1.6	2.2	0.9
Athletics/track and field	*1.3	*1.0	**0.4	**0.3	*1.7	*0.7
Australian football	3.5	2.8	*0.7	*0.5	4.2	1.7
Badminton	*1.7	*1.4	*0.8	*0.6	2.5	1.0
Baseball	**0.4	**0.3	-	-	**0.4	**0.2
Basketball	6.3	5.0	2.1	1.7	8.4	3.3
Billiards/snooker/pool	**0.2	**0.1	**0.3	**0.3	**0.5	**0.2
Boxing	*0.7	*0.5	*0.7	*0.5	*1.3	*0.5
Canoeing/kayaking	*1.9	*1.5	*1.4	*1.1	3.3	1.3
Carpet bowls	**0.2	**0.1	-	-	**0.2	**0.1
Cricket (indoor)	4.6	3.6	**0.4	**0.3	4.9	2.0
Cricket (outdoor)	5.4	4.3	*0.6	*0.4	6.0	2.4
Cycling	29.0	23.1	15.0	11.7	43.9	17.4
Dancing	*1.3	*1.0	5.7	4.4	7.0	2.8
Darts	**0.3	**0.3	-	-	**0.3	**0.1
Fishing	2.3	1.8	*0.7	*0.5	3.0	1.2
Football (indoor)	7.0	5.6	2.6	2.1	9.7	3.8
Football (outdoor)	11.4	9.1	3.4	2.6	14.7	5.8
Golf	11.2	8.9	3.4	2.7	14.6	5.8
Gymnastics	*0.8	*0.6	**0.2	**0.1	*0.9	*0.4
Hockey (indoor)	**0.4	**0.3	*0.6	*0.4	*1.1	*0.4
Hockey (outdoor)	*1.0	*0.8	*1.2	*1.0	2.2	0.9
Horse riding/equestrian activities/polocrosse	**0.2	**0.1	*1.4	*1.1	*1.6	*0.6
Ice/snow sports	4.6	3.7	*1.6	*1.2	6.2	2.4
Lawn bowls	*1.3	*1.0	*1.0	*0.8	2.2	0.9
Martial arts	4.4	3.5	4.8	3.8	9.2	3.6
Motor sports	2.2	1.8	**0.1	**0.1	2.4	0.9
Netball	*1.2	*0.9	8.4	6.6	9.6	3.8
Orienteering	*1.8	*1.4	*1.3	*1.1	3.1	1.2
Rock climbing	*1.6	*1.3	*1.8	*1.4	3.4	1.3
Roller sports	*1.3	*1.1	**0.3	**0.2	*1.6	*0.6
Rowing	*1.3	*1.0	*1.6	*1.3	2.9	1.2
Rugby league	3.4	2.7	**0.2	**0.2	3.6	1.4
Rugby union	4.0	3.2	-	-	4.0	1.6
Running	16.1	12.9	8.1	6.3	24.2	9.6
Sailing	*1.1	*0.8	**0.5	**0.4	*1.6	*0.6
Scuba diving	*0.8	*0.7	**0.4	**0.3	*1.2	*0.5
Shooting sports	**0.3	**0.3	**0.4	**0.3	*0.7	*0.3
Softball	*0.6	*0.5	2.1	1.6	2.6	1.0
Squash/racquetball	3.6	2.9	*1.5	*1.2	5.1	2.0
Surf sports	*2.0	*1.6	*0.6	*0.5	2.7	1.1
Swimming	20.8	16.6	22.6	17.7	43.4	17.2
Table tennis	*1.5	*1.2	**0.5	**0.4	2.1	0.8
Tennis	12.6	10.1	8.5	6.7	21.1	8.3
Tenpin bowling	*0.9	*0.7	*1.2	*0.9	2.1	0.8
Touch football	5.1	4.1	*1.3	*1.0	6.3	2.5
Triathlons	*0.6	*0.5	**0.3	**0.2	*0.9	*0.3
Volleyball	*1.9	*1.5	*1.2	*1.0	3.1	1.2
Walking (bush)	10.6	8.4	10.9	8.5	21.5	8.5
Walking (other)	35.4	28.2	67.9	53.2	103.3	40.8
Water polo	**0.2	**0.2	**0.2	**0.2	**0.5	**0.2
Waterskiing/powerboating	*1.0	*0.8	-	-	*1.0	*0.4
Weight training	4.4	3.5	*2.0	*1.5	6.4	2.5
Yoga	*1.3	*1.0	8.2	6.4	9.5	3.7

* 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 41: Selected activities — New South Wales, 2005

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	397.6	15.1	580.8	21.8	978.4	18.5
Aquarobics	**6.7	**0.3	42.7	1.6	49.4	0.9
Athletics/track and field	**8.8	**0.3	*14.9	*0.6	*23.7	*0.4
Australian football	29.5	1.1	**4.9	**0.2	34.4	0.6
Badminton	**2.4	**0.1	*24.5	*0.9	*26.9	*0.5
Baseball	*13.7	*0.5	**7.9	**0.3	*21.7	*0.4
Basketball	103.9	3.9	48.5	1.8	152.4	2.9
Boxing	*15.1	*0.6	**8.2	**0.3	*23.3	*0.4
Canoeing/kayaking	54.7	2.1	*21.4	*0.8	76.1	1.4
Carpet bowls	-	-	*10.8	*0.4	*10.8	*0.2
Cricket (indoor)	46.8	1.8	-	-	46.8	0.9
Cricket (outdoor)	98.7	3.7	*17.4	*0.7	116.1	2.2
Cycling	325.4	12.4	148.9	5.6	474.2	8.9
Dancing	*13.8	*0.5	115.4	4.3	129.3	2.4
Darts	-	-	**2.3	**0.1	**2.3	-
Fishing	99.0	3.8	**9.0	**0.3	108.1	2.0
Football (indoor)	72.9	2.8	*10.6	*0.4	83.5	1.6
Football (outdoor)	222.0	8.4	79.0	3.0	301.0	5.7
Golf	309.9	11.8	93.3	3.5	403.2	7.6
Gymnastics	**2.1	**0.1	*20.8	*0.8	*22.9	*0.4
Hockey (indoor)	**2.1	**0.1	**3.8	**0.1	**6.0	**0.1
Hockey (outdoor)	**8.7	**0.3	*23.9	*0.9	32.6	0.6
Horse riding/equestrian activities/polocrosse	25.9	1.0	46.0	1.7	71.9	1.4
Ice/snow sports	61.8	2.3	33.9	1.3	95.7	1.8
Lawn bowls	81.2	3.1	45.0	1.7	126.3	2.4
Martial arts	48.5	1.8	68.1	2.6	116.7	2.2
Motor sports	49.7	1.9	**6.9	**0.3	56.6	1.1
Netball	*27.0	*1.0	141.4	5.3	168.3	3.2
Orienteering	*28.7	*1.1	*13.2	*0.5	42.0	0.8
Rock climbing	*18.8	*0.7	*15.6	*0.6	34.4	0.6
Roller sports	*25.0	*0.9	**3.2	**0.1	*28.2	*0.5
Rowing	**3.8	**0.1	*14.6	*0.5	*18.5	*0.3
Rugby league	111.2	4.2	-	-	111.2	2.1
Rugby union	82.6	3.1	**4.6	**0.2	87.2	1.6
Running	223.8	8.5	150.7	5.7	374.5	7.1
Sailing	41.1	1.6	*17.2	*0.6	58.3	1.1
Scuba diving	32.6	1.2	**7.3	**0.3	40.0	0.8
Shooting sports	*17.0	*0.6	-	-	*17.0	*0.3
Softball	**8.5	**0.3	*16.7	*0.6	*25.2	*0.5
Squash/racquetball	56.4	2.1	*21.1	*0.8	77.4	1.5
Surf sports	153.0	5.8	*23.3	*0.9	176.3	3.3
Swimming	404.8	15.4	466.9	17.5	871.7	16.4
Table tennis	*27.5	*1.0	**8.3	**0.3	35.8	0.7
Tennis	258.8	9.8	225.1	8.4	483.9	9.1
Tenpin bowling	*12.8	*0.5	*23.3	*0.9	36.1	0.7
Touch football	96.1	3.6	74.5	2.8	170.7	3.2
Triathlons	-	-	**2.8	**0.1	**2.8	**0.1
Volleyball	*11.6	*0.4	*21.5	*0.8	33.1	0.6
Walking (bush)	171.0	6.5	202.4	7.6	373.3	7.0
Walking (other)	664.3	25.2	1,275.6	47.8	1,940.0	36.6
Waterskiing/powerboating	*27.2	*1.0	*9.2	*0.3	36.4	0.7
Weight training	52.8	2.0	*20.5	*0.8	73.3	1.4
Yoga	36.3	1.4	171.0	6.4	207.3	3.9

* 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 42: Selected activities — Northern Territory, 2005

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	8.3	11.4	13.1	20.1	21.5	15.5
Aquarobics	-	-	1.6	2.5	1.6	1.2
Athletics/track and field	**0.1	**0.2	**0.3	**0.5	**0.4	**0.3
Australian football	5.6	7.6	*0.7	*1.1	6.3	4.5
Badminton	**0.3	**0.3	**0.3	**0.5	*0.6	*0.4
Baseball	*1.4	*1.9	*0.1	*0.1	*1.5	*1.1
Basketball	2.6	3.6	1.6	2.4	4.2	3.0
Boxing	**0.4	**0.6	**0.4	**0.6	*0.8	*0.6
Canoeing/kayaking	*0.7	*1.0	*0.5	*0.7	*1.2	*0.9
Carpet bowls	-	-	**0.1	**0.1	**0.1	**0.1
Cricket (indoor)	1.9	2.6	*1.1	*1.7	3.0	2.2
Cricket (outdoor)	4.9	6.6	**0.3	**0.5	5.2	3.8
Cycling	15.3	20.8	8.4	12.8	23.7	17.1
Dancing	**0.1	**0.2	1.8	2.8	1.9	1.4
Darts	**0.2	**0.3	**0.1	**0.1	**0.3	**0.2
Fishing	4.7	6.4	*1.3	*1.9	5.9	4.3
Football (indoor)	*1.3	*1.8	*0.8	*1.2	2.1	1.5
Football (outdoor)	4.8	6.5	1.6	2.5	6.4	4.6
Golf	5.3	7.2	1.6	2.5	6.9	5.0
Gymnastics	-	-	**0.3	**0.5	**0.3	**0.2
Hockey (indoor)	**0.3	**0.4	**0.4	**0.6	*0.7	*0.5
Hockey (outdoor)	*0.8	*1.0	*0.8	*1.2	*1.5	*1.1
Horse riding/equestrian activities/polocrosse	-	-	*1.4	*2.2	*1.4	*1.0
Ice/snow sports	**0.3	**0.4	**0.2	**0.3	*0.5	*0.3
Lawn bowls	*0.9	*1.3	*0.5	*0.8	*1.5	*1.1
Martial arts	1.8	2.5	*0.9	*1.4	2.8	2.0
Motor sports	2.9	3.9	**0.1	**0.1	3.0	2.1
Netball	**0.3	**0.3	4.7	7.3	5.0	3.6
Orienteering	*0.9	*1.2	*0.5	*0.8	*1.4	*1.0
Rock climbing	**0.3	**0.4	**0.3	**0.5	*0.6	*0.5
Roller sports	*1.2	*1.6	**0.1	**0.2	*1.3	*1.0
Rugby league	2.0	2.8	**0.3	**0.4	2.3	1.7
Rugby union	*1.1	*1.4	**0.1	**0.1	*1.1	*0.8
Running	7.1	9.7	7.8	11.9	14.9	10.7
Sailing	*1	*1.3	**0.4	**0.6	*1.4	*1.0
Scuba diving	*0.5	*0.7	**0.1	**0.1	*0.6	*0.5
Shooting sports	1.6	2.1	-	-	1.6	1.1
Softball	**0.4	**0.6	*0.6	*0.9	*1.0	*0.7
Squash/racquetball	1.8	2.5	*0.5	*0.7	2.3	1.6
Surf sports	**0.3	**0.4	*0.5	*0.8	*0.8	*0.6
Swimming	11.4	15.5	14.8	22.7	26.2	18.9
Table tennis	**0.4	**0.5	**0.2	**0.2	*0.5	*0.4
Tennis	3.6	4.8	3.1	4.7	6.6	4.8
Tenpin bowling	**0.4	**0.6	*1.2	*1.8	1.6	1.1
Touch football	2.5	3.4	2.4	3.7	4.9	3.5
Triathlons	**0.1	**0.2	**0.2	**0.3	**0.3	**0.3
Volleyball	2.7	3.7	3.1	4.7	5.8	4.2
Walking (bush)	4.1	5.6	4.1	6.3	8.2	5.9
Walking (other)	17.8	24.2	30.5	46.8	48.4	34.8
Water polo	-	-	**0.1	**0.1	**0.1	**0.1
Waterskiing/powerboating	*0.8	*1.1	**0.3	**0.5	*1.2	*0.8
Weight training	2.6	3.6	*1.3	*2.0	3.9	2.8
Yoga	*0.5	*0.7	3.5	5.3	4.0	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 43: Selected activities — Queensland, 2005

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	220.5	14.2	327.1	21.0	547.6	17.6
Aquarobics	*5.0	*0.3	32.4	2.1	37.4	1.2
Athletics/track and field	*9.5	*0.6	**3.0	**0.2	*12.5	*0.4
Australian football	55.9	3.6	-	-	55.9	1.8
Badminton	**2.2	**0.1	**3.3	**0.2	**5.5	**0.2
Baseball	**5.5	**0.4	-	-	**5.5	**0.2
Basketball	43.2	2.8	24.4	1.6	67.5	2.2
Boxing	*7.2	*0.5	*9.7	*0.6	*16.9	*0.5
Canoeing/kayaking	*13.6	*0.9	*11.6	*0.7	25.2	0.8
Carpet bowls	**3.8	**0.2	**6.7	**0.4	*10.5	*0.3
Cricket (indoor)	33.8	2.2	*10.2	*0.7	44.0	1.4
Cricket (outdoor)	56.2	3.6	*15.6	*1.0	71.8	2.3
Cycling	194.5	12.5	114.1	7.3	308.6	9.9
Dancing	*7.7	*0.5	63.7	4.1	71.4	2.3
Darts	**3.7	*0.2	**2.8	**0.2	**6.5	**0.2
Fishing	70.1	4.5	*15.4	*1.0	85.5	2.7
Football (indoor)	38.0	2.4	**3.3	**0.2	41.3	1.3
Football (outdoor)	53.9	3.5	22.4	1.4	76.3	2.5
Golf	171.0	11.0	38.6	2.5	209.6	6.7
Gymnastics	**2.4	**0.2	**6.4	**0.4	*8.7	*0.3
Hockey (outdoor)	*18.0	*1.2	**6.5	**0.4	24.5	0.8
Horse riding/equestrian activities/polocrosse	*14.5	*0.9	*17.5	*1.1	32.0	1.0
Ice/snow sports	*17.2	*1.1	**6.6	**0.4	23.7	0.8
Lawn bowls	30.5	2.0	22.0	1.4	52.4	1.7
Martial arts	35.8	2.3	36.8	2.4	72.6	2.3
Motor sports	*21.6	*1.4	**6.1	**0.4	27.7	0.9
Netball	**3.3	**0.2	64.0	4.1	67.3	2.2
Orienteering	*16.0	*1.0	**5.2	**0.3	*21.2	*0.7
Rock climbing	*15.3	*1.0	**6.6	**0.4	*21.9	*0.7
Roller sports	*7.0	*0.4	*9.7	*0.6	*16.7	*0.5
Rowing	*9.9	*0.6	**2.3	**0.1	*12.2	*0.4
Rugby league	54.2	3.5	**6.7	**0.4	60.9	2.0
Rugby union	45.2	2.9	**6.8	**0.4	52.1	1.7
Running	137.6	8.9	103.1	6.6	240.8	7.7
Sailing	*14.8	*1.0	**4.3	**0.3	*19.1	*0.6
Scuba diving	*11.6	*0.7	**4.4	**0.3	*16.0	*0.5
Shooting sports	*11.2	*0.7	**3.3	**0.2	*14.5	*0.5
Softball	**2.1	**0.1	**1.8	**0.1	**3.9	**0.1
Squash/racquetball	44.8	2.9	*19.0	*1.2	63.8	2.0
Surf sports	71.0	4.6	**3.5	**0.2	74.5	2.4
Swimming	181.6	11.7	231.7	14.9	413.4	13.3
Table tennis	*7.8	*0.5	*7.3	*0.5	*15.1	*0.5
Tennis	96.7	6.2	102.6	6.6	199.3	6.4
Tenpin bowling	*21.0	*1.4	*11.2	*0.7	32.3	1.0
Touch football	115.3	7.4	26.7	1.7	142.0	4.6
Triathlons	*10.0	*0.6	-	-	*10.0	*0.3
Volleyball	28.3	1.8	23.4	1.5	51.6	1.7
Walking (bush)	78.1	5.0	70.2	4.5	148.3	4.8
Walking (other)	408.5	26.3	703.0	45.1	1,111.5	35.7
Waterskiing/powerboating	22.7	1.5	*14.1	*0.9	36.7	1.2
Weight training	43.5	2.8	39.9	2.6	83.3	2.7
Yoga	*12.6	*0.8	79.3	5.1	91.8	3.0

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

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

Table 44: Selected activities — South Australia, 2005

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	72.1	12.0	116.0	18.8	188.1	15.4
Aquarobics	**0.6	**0.1	10.6	1.7	11.2	0.9
Athletics/track and field	**2.4	**0.4	**1.8	**0.3	*4.2	*0.3
Australian football	66.3	11.0	*5.8	*0.9	72.1	5.9
Badminton	*3.6	*0.6	*5.1	*0.8	*8.8	*0.7
Baseball	9.6	1.6	-	-	9.6	0.8
Basketball	40.6	6.7	15.8	2.6	56.4	4.6
Billiards/snooker/pool	**2.2	**0.4	**0.5	**0.1	**2.7	**0.2
Boxing	**1.1	**0.2	-	-	**1.1	**0.1
Canoeing/kayaking	*3.4	*0.6	**2.6	**0.4	*6.1	*0.5
Carpet bowls	**2.7	**0.4	*3.5	*0.6	*6.1	*0.5
Cricket (indoor)	10.9	1.8	-	-	10.9	0.9
Cricket (outdoor)	35.9	6.0	*3.4	*0.5	39.3	3.2
Cycling	86.1	14.3	40.9	6.6	127.0	10.4
Dancing	*3.3	*0.6	20.3	3.3	23.7	1.9
Darts	*4.3	*0.7	**1.9	**0.3	*6.3	*0.5
Fishing	18.9	3.1	*4.2	*0.7	23.1	1.9
Football (indoor)	13.8	2.3	**1.5	**0.2	15.4	1.3
Football (outdoor)	23.0	3.8	9.4	1.5	32.3	2.7
Golf	54.5	9.1	16.8	2.7	71.4	5.9
Gymnastics	**1.8	**0.3	*3.7	*0.6	*5.5	*0.5
Hockey (indoor)	**0.8	**0.1	-	-	**0.8	**0.1
Hockey (outdoor)	*7.4	*1.2	**2.5	**0.4	9.9	0.8
Horse riding/equestrian activities/polocrosse	*4.6	*0.8	10.2	1.7	14.8	1.2
Ice/snow sports	*8.3	*1.4	*5.4	*0.9	13.7	1.1
Lawn bowls	27.1	4.5	14.4	2.3	41.5	3.4
Martial arts	9.5	1.6	11.5	1.9	21.1	1.7
Motor sports	*6.0	*1.0	**1.6	**0.3	*7.6	*0.6
Netball	10.9	1.8	57.1	9.3	68.0	5.6
Orienteering	*3.5	*0.6	**2.5	**0.4	*6.0	*0.5
Rock climbing	**1.0	**0.2	**0.6	**0.1	**1.6	**0.1
Roller sports	*3.2	*0.5	**1.9	**0.3	*5.1	*0.4
Rowing	**2.1	**0.3	-	-	**2.1	**0.2
Rugby league	**2.4	**0.4	**2.3	**0.4	*4.7	*0.4
Rugby union	*4.6	*0.8	-	-	*4.6	*0.4
Running	41.3	6.9	30.6	5.0	71.8	5.9
Sailing	*9.3	*1.5	**2.1	**0.3	11.4	0.9
Scuba diving	*4.0	*0.7	-	-	*4.0	*0.3
Shooting sports	*4.4	*0.7	-	-	*4.4	*0.4
Softball	**0.9	**0.1	*7.3	*1.2	*8.1	*0.7
Squash/racquetball	11.0	1.8	**0.8	**0.1	11.8	1.0
Surf sports	12.8	2.1	9.7	1.6	22.6	1.9
Swimming	46.7	7.8	66.8	10.8	113.5	9.3
Table tennis	*8.7	*1.4	*3.5	*0.6	12.2	1.0
Tennis	53.5	8.9	38.0	6.2	91.5	7.5
Tenpin bowling	*5.1	*0.8	**1.3	**0.2	*6.4	*0.5
Touch football	10.4	1.7	*5.2	*0.8	15.6	1.3
Triathlons	**0.8	**0.1	**0.9	**0.1	**1.7	**0.1
Volleyball	14.3	2.4	10.4	1.7	24.7	2.0
Walking (bush)	25.7	4.3	35.4	5.7	61.1	5.0
Walking (other)	186.0	30.9	324.2	52.6	510.2	41.9
Water polo	**2.8	**0.5	-	-	**2.8	**0.2
Waterskiing/powerboating	*8.4	*1.4	*5.6	*0.9	14.0	1.2
Weight training	15.1	2.5	*7.6	*1.2	22.7	1.9
Yoga	*5.5	*0.9	28.7	4.7	34.2	2.8

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

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

Table 45: Selected activities — Tasmania, 2005

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	16.1	8.7	33.1	17.1	49.2	13.0
Aquarobics	-	-	*2.9	*1.5	*2.9	*0.8
Athletics/track and field	**1.0	**0.6	**0.5	**0.2	*1.5	*0.4
Australian football	15.0	8.1	*1.3	*0.7	16.3	4.3
Badminton	3.8	2.1	*2.7	*1.4	6.6	1.7
Baseball	**0.3	**0.1	**0.2	**0.1	**0.5	**0.1
Basketball	5.6	3.1	4.6	2.4	10.2	2.7
Billiards/snooker/pool	**0.3	**0.2	**0.4	**0.2	**0.7	**0.2
Boxing	**0.3	**0.2	-	-	**0.3	**0.1
Canoeing/kayaking	3.4	1.9	*2.7	*1.4	6.2	1.6
Carpet bowls	**1.0	**0.5	*1.5	*0.8	*2.4	*0.6
Cricket (indoor)	*2.4	*1.3	**0.5	**0.3	*2.9	*0.8
Cricket (outdoor)	9.4	5.1	*1.9	*1.0	11.3	3.0
Cycling	25.2	13.7	12.8	6.6	38.1	10.1
Dancing	**0.5	**0.2	3.9	2.0	4.4	1.2
Darts	**0.2	**0.1	**0.5	**0.3	**0.7	**0.2
Fishing	13.6	7.4	*1.8	*0.9	15.4	4.1
Football (indoor)	*2.4	*1.3	*1.1	*0.6	3.5	0.9
Football (outdoor)	8.3	4.5	*2.6	*1.4	10.9	2.9
Golf	20.2	11.0	3.7	1.9	23.9	6.3
Gymnastics	**0.3	**0.2	*1.1	*0.6	*1.4	*0.4
Hockey (outdoor)	3.3	1.8	4.2	2.2	7.5	2.0
Horse riding/equestrian activities/polocrosse	**0.5	**0.3	5.1	2.6	5.6	1.5
Ice/snow sports	*1.8	*1.0	**0.8	**0.4	*2.6	*0.7
Lawn bowls	4.4	2.4	4.0	2.1	8.4	2.2
Martial arts	3.5	1.9	4.6	2.4	8.0	2.1
Motor sports	4.7	2.5	**0.2	**0.1	4.8	1.3
Netball	*1.4	*0.8	12.4	6.4	13.8	3.7
Orienteering	*3.1	*1.7	*1.4	*0.7	4.5	1.2
Rock climbing	-	-	**0.8	**0.4	**0.8	**0.2
Roller sports	3.7	2.0	**0.4	**0.2	4.1	1.1
Rowing	**1.0	**0.5	**0.5	**0.2	*1.4	*0.4
Rugby league	*1.4	*0.7	**0.5	**0.3	*1.9	*0.5
Rugby union	*1.3	*0.7	-	-	*1.3	*0.3
Running	17.6	9.6	10.4	5.4	28.0	7.4
Sailing	4.9	2.6	*1.9	*1.0	6.8	1.8
Scuba diving	**0.7	**0.4	**0.9	**0.4	*1.6	*0.4
Shooting sports	3.2	1.7	-	-	3.2	0.8
Softball	-	-	*2.1	*1.1	*2.1	*0.6
Squash/racquetball	3.4	1.8	*2.3	*1.2	5.7	1.5
Surf sports	4.5	2.4	*1.2	*0.6	5.6	1.5
Swimming	14.1	7.7	26.5	13.7	40.6	10.7
Table tennis	**0.9	**0.5	**0.1	**0.1	**1.0	**0.3
Tennis	12.4	6.7	9.7	5.0	22.1	5.8
Tenpin bowling	**1.0	**0.5	**0.7	**0.3	*1.6	*0.4
Touch football	*1.5	*0.8	*1.7	*0.9	3.2	0.8
Volleyball	*1.9	*1.0	**0.5	**0.3	*2.4	*0.6
Walking (bush)	16.6	9.0	16.4	8.5	33.0	8.7
Walking (other)	58.7	31.8	101.3	52.3	159.9	42.3
Waterskiing/powerboating	*1.9	*1.0	*1.0	**0.5	*2.9	*0.8
Weight training	*2.9	*1.6	*2.9	*1.5	5.8	1.5
Yoga	**0.3	**0.2	7.0	3.6	7.3	1.9

* 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 — Victoria, 2005

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	296.5	14.9	496.9	24.5	793.4	19.8
Aquarobics	**3.5	**0.2	37.9	1.9	41.3	1.0
Athletics/track and field	*10.0	*0.5	**5.7	**0.3	*15.7	*0.4
Australian football	245.6	12.3	25.4	1.3	271.0	6.7
Badminton	*23.8	*1.2	*16.1	*0.8	39.9	1.0
Baseball	*12.6	*0.6	**1.8	**0.1	*14.4	*0.4
Basketball	128.4	6.4	77.5	3.8	205.9	5.1
Billiards/snooker/pool	*9.2	*0.5	-	-	*9.2	*0.2
Boxing	*12.1	*0.6	**6.0	**0.3	*18.1	*0.4
Canoeing/kayaking	**5.7	**0.3	**7.7	**0.4	*13.4	*0.3
Carpet bowls	**1.9	**0.1	*9.0	*0.4	*10.9	*0.3
Cricket (indoor)	28.3	1.4	**1.5	**0.1	29.8	0.7
Cricket (outdoor)	145.9	7.3	*13.0	*0.6	158.9	4.0
Cycling	279.0	14.0	183.4	9.1	462.4	11.5
Dancing	*9.9	*0.5	73.6	3.6	83.5	2.1
Darts	**5.5	**0.3	**2.0	**0.1	**7.6	**0.2
Fishing	57.8	2.9	*9.6	*0.5	67.3	1.7
Football (indoor)	63.6	3.2	*18.0	*0.9	81.6	2.0
Football (outdoor)	102.5	5.1	*23.9	*1.2	126.4	3.1
Golf	263.6	13.2	43.1	2.1	306.7	7.6
Gymnastics	**3.3	**0.2	**7.9	**0.4	*11.2	*0.3
Hockey (indoor)	**1.9	**0.1	-	-	**1.9	-
Hockey (outdoor)	*14.6	*0.7	*10.4	*0.5	*25.0	*0.6
Horse riding/equestrian activities/polocrosse	*16.0	*0.8	30.1	1.5	46.0	1.1
Ice/snow sports	49.3	2.5	32.4	1.6	81.7	2.0
Lawn bowls	62.5	3.1	28.6	1.4	91.2	2.3
Martial arts	41.2	2.1	*24.0	*1.2	65.2	1.6
Motor sports	28.6	1.4	-	-	28.6	0.7
Netball	*11.9	*0.6	164.7	8.1	176.6	4.4
Orienteering	35.4	1.8	**4.9	**0.2	40.3	1.0
Rock climbing	*11.5	*0.6	**2.9	**0.1	*14.4	*0.4
Roller sports	*24.1	*1.2	*8.2	*0.4	32.3	0.8
Rowing	*10.9	*0.5	-	-	*10.9	*0.3
Rugby league	**5.7	**0.3	-	-	**5.7	**0.1
Rugby union	*9.3	*0.5	-	-	*9.3	*0.2
Running	225.0	11.3	128.8	6.4	353.8	8.8
Sailing	*12.9	*0.6	*17.6	*0.9	30.4	0.8
Scuba diving	*8.1	*0.4	**3.7	**0.2	*11.8	*0.3
Shooting sports	26.1	1.3	**1.5	**0.1	27.6	0.7
Softball	-	-	*8.3	*0.4	*8.3	*0.2
Squash/racquetball	34.4	1.7	**5.2	**0.3	39.6	1.0
Surf sports	73.5	3.7	**7.5	**0.4	80.9	2.0
Swimming	212.4	10.7	345.9	17.1	558.2	13.9
Table tennis	31.8	1.6	*8.4	*0.4	40.2	1.0
Tennis	187.0	9.4	141.8	7.0	328.8	8.2
Tenpin bowling	*24.9	*1.3	*14.3	*0.7	39.3	1.0
Touch football	**2.6	**0.1	*9.3	*0.5	*11.9	*0.3
Triathlons	*15.1	*0.8	**7.4	**0.4	*22.4	*0.6
Volleyball	*15.3	*0.8	25.8	1.3	41.1	1.0
Walking (bush)	99.1	5.0	115.7	5.7	214.8	5.3
Walking (other)	509.8	25.6	977.2	48.2	1,487.0	37.0
Water polo	-	-	**2.2	**0.1	**2.2	**0.1
Waterskiing/powerboating	27.2	1.4	*11.0	*0.5	38.2	1.0
Weight training	64.9	3.3	35.6	1.8	100.5	2.5
Yoga	*22.3	*1.1	123.0	6.1	145.3	3.6

* 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 47: Selected activities — Western Australia, 2005

Activity	MALES		FEMALES		PERSONS	
	Number	Participation rate	Number	Participation rate	Number	Participation rate
	'000	%	'000	%	'000	%
Aerobics/fitness	130.1	16.4	190.4	24.0	320.5	20.2
Aquarobics	**3.0	**0.4	15.8	2.0	18.8	1.2
Athletics/track and field	*5.9	*0.7	*6.9	*0.9	12.8	0.8
Australian football	67.0	8.5	*9.0	*1.1	76.0	4.8
Badminton	*8.2	*1.0	*8.1	*1.0	16.3	1.0
Baseball	**2.5	**0.3	-	-	**2.5	**0.2
Basketball	32.7	4.1	25.4	3.2	58.1	3.7
Billiards/snooker/pool	**2.2	**0.3	-	-	**2.2	**0.1
Boxing	*3.9	*0.5	**1.9	**0.2	*5.8	*0.4
Canoeing/kayaking	*8.5	*1.1	*4.5	*0.6	12.9	0.8
Carpet bowls	-	-	**0.6	**0.1	**0.6	-
Cricket (indoor)	21.6	2.7	**1.5	**0.2	23.1	1.5
Cricket (outdoor)	46.1	5.8	**2.2	**0.3	48.3	3.0
Cycling	112.6	14.2	56.3	7.1	168.9	10.7
Dancing	*5.2	*0.7	31.9	4.0	37.1	2.3
Darts	**0.9	**0.1	**2.7	**0.3	**3.7	**0.2
Fishing	26.8	3.4	*6.9	*0.9	33.7	2.1
Football (indoor)	20.3	2.6	*6.8	*0.9	27.0	1.7
Football (outdoor)	32.9	4.2	13.4	1.7	46.3	2.9
Golf	84.6	10.7	18.4	2.3	103.0	6.5
Gymnastics	**1.2	**0.1	*5.3	*0.7	*6.5	*0.4
Hockey (indoor)	**1.3	**0.2	**1.3	**0.2	**2.6	**0.2
Hockey (outdoor)	17.8	2.2	*10.6	*1.3	28.4	1.8
Horse riding/equestrian activities/polocrosse	**2.0	**0.3	15.0	1.9	17.0	1.1
Ice/snow sports	**2.4	**0.3	**1.6	**0.2	*4.0	*0.3
Lawn bowls	21.7	2.7	*11.2	*1.4	33.0	2.1
Martial arts	14.1	1.8	16.2	2.0	30.2	1.9
Motor sports	12.8	1.6	**1.0	**0.1	13.8	0.9
Netball	*7.6	*1.0	65.4	8.3	73.0	4.6
Orienteering	*7.3	*0.9	*5.4	*0.7	12.7	0.8
Rock climbing	*4.2	*0.5	**1.4	**0.2	*5.6	*0.4
Roller sports	*9.6	*1.2	**3.4	**0.4	13.0	0.8
Rowing	**3.4	**0.4	**3.8	**0.5	*7.2	*0.5
Rugby league	**3.7	**0.5	**2.1	**0.3	*5.7	*0.4
Rugby union	*4.8	*0.6	**1.5	**0.2	*6.3	*0.4
Running	75.5	9.5	48.2	6.1	123.7	7.8
Sailing	16.3	2.1	**2.3	**0.3	18.6	1.2
Scuba diving	*10.5	*1.3	**1.0	**0.1	11.6	0.7
Shooting sports	*6.1	*0.8	**0.9	**0.1	*7.0	*0.4
Softball	**0.9	**0.1	*5.8	*0.7	*6.8	*0.4
Squash/racquetball	19.9	2.5	*8.5	*1.1	28.4	1.8
Surf sports	38.8	4.9	12.8	1.6	51.7	3.3
Swimming	102.2	12.9	142.0	17.9	244.2	15.4
Table tennis	*4.6	*0.6	**2.7	**0.3	*7.3	*0.5
Tennis	56.3	7.1	43.7	5.5	99.9	6.3
Tenpin bowling	*4.4	*0.6	**1.5	**0.2	*5.9	*0.4
Touch football	*6.5	*0.8	*6.1	*0.8	12.6	0.8
Triathlons	*4.4	*0.6	**2.2	**0.3	*6.6	*0.4
Volleyball	27.7	3.5	17.3	2.2	45.0	2.8
Walking (bush)	19.5	2.5	30.7	3.9	50.2	3.2
Walking (other)	240.0	30.3	373.4	47.2	613.4	38.7
Water polo	*5.3	*0.7	*5.6	*0.7	*10.9	*0.7
Waterskiing/powerboating	*8.0	*1.0	*4.5	*0.6	12.5	0.8
Weight training	20.3	2.6	*10.9	*1.4	31.1	2.0
Yoga	*4.1	*0.5	37.6	4.7	41.7	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 48: Participation in physical activity for exercise, recreation and sport — 2001 to 2005 (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
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
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
		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
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
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

(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 49: Participation in organised physical activities for exercise, recreation and sport by state and territory
— 2001 to 2005 (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
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
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
		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
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
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

(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

4 Explanatory notes

4.1 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 2005 were compiled by aggregating the four quarterly surveys conducted in February, May, August and November.

4.2 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.).

4.3 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 2005 was 13,726 persons.

Overall response rate: The overall response rate is currently about 34%. 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.

4.4 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 will again be 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 on page XX.

4.5 Comparability of the data

The survey was first conducted in 2001. This publication provides results from the fifth annual survey, which was conducted in 2005. The survey will also be conducted in 2006, which will allow a comparison of participation in physical activity for exercise, recreation and sport over a six-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.

4.6 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 on page XX gives the relative standard error cut-offs to be used when applying, if required, a single or double asterisk to the estimate. For example, for New South Wales an estimate between 9,083 and 28,973 should be followed by a single asterisk and used with caution, and an estimate less than 9,083 should be followed by a double asterisk and will be considered too unreliable for general use.

4.7 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 NSW 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 one per cent 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.

Exercise, Recreation and Sport Survey 2005

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

5 Exercise Recreation and Sport Survey questionnaire

The following questions are about physical activities you have participated in during the last 12 months for exercise, recreation or sport. Do not include any activities that were part of work or household and garden chores.

- Q1 During the last 12 months did you participate in any physical activities for exercise, recreation or sport?
- Yes 1 Go to Q2
- No 2 Go to Q6
- Don't know 9 Go to Q6

- Q2 What activities did you participate in?
- Up to maximum of 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?

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 Q10
	No	2	Go to Q12
Q11	How many of these children are living with you? (Record actual number. If zero then go to Q12)		
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 Q14
- No 2 Go to Q16
- 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 Q17
- 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	50	Golf
2	Chinese exercise	51	Gymnastics
3	Exercise bike	52	Trampolining
4	Gymnasium workouts	53	Hockey (indoor)
5	Military exercise	54	Hockey (outdoor)
6	Prime movers=>50s	55	Horseriding/equestrian activities
7	Step Reebok	56	Blade-skating
8	Aerobics/exercising/other	57	Ice hockey
9	Aerobatics	58	Ice skating
10	Ballooning	59	Snow skiing
11	Gliding	60	Ice/snow sports — other
12	Gyroplane flying	61	Lacrosse (outdoor)
13	Hang gliding	62	Lawn bowls
14	Model aeroplane flying	63	Chi kung
15	Ultralight flying	64	Eastern — judo
16	Air sports — other	65	Judo
17	Archery	66	Karate
18	Bow hunting	67	Kickboxing
19	Athletics — track and field	68	Taekwondo
20	Badminton	69	Tai Chi
21	Baseball	70	Yoga
22	Basketball (indoor and outdoor)	71	Martial arts — other
23	Billiards	72	Motor sports — go-karting
24	Pool	73	Motor sports — track
25	Snooker	74	Motor sports — trail bike
26	Bocce/French bowls (outdoor)	75	Motor sports — other
27	Boxing	76	Netball (indoor)
28	Canoeing	77	Netball (outdoor)
29	Kayaking	78	Cross-country running
30	Carpet bowls	79	Orienteering
31	Cricket (indoor)	80	Rogaining
32	Cricket (outdoor) — Vigoro	81	Rodeo
33	Croquet	82	Inline hockey
34	Cycling	83	Rollerblading
35	BMX	84	Skateboarding
36	Mountain bike	85	Roller sports — other
37	Darts	86	Rowing
38	Football — Australian rules	87	Jogging
39	Football — gridiron (US)	88	Running (for example, marathon)
40	Football — rugby league	89	Sailing (outrigging)
41	Football — sevens	90	Hunting
42	Football — modball	91	Paintball shooting
43	Football — rugby union	92	Pistol shooting
44	Football — soccer (indoor)	93	Shooting sports — other
45	Football — fluffy ball	94	Softball
46	Football — futsal	95	Squash
47	Football — soccer (outdoor)	96	Surf lifesaving/Royal lifesaving
48	Football — touch	97	Sailboarding
49	Football — Austag	98	Windsurfing

99	Surfing	151	Aquarobics
100	Surf sports — other	152	Korfball
101	Diving (board)	153	Underwater hockey
102	Swimming	154	Sofcrosse
103	Table tennis	155	Commonwealth Games
104	Tennis (outdoor)	156	Royal tennis
105	Tenpin bowling	157	Broom ball
106	Triathlons	158	Polocrosse
107	Volleyball (indoor) — rebound	159	Leader ball
108	Newcombe ball	160	Pigeon racing
109	Volleyball (outdoor)	161	Weight-lifting (competition)
110	Jet skiing	162	Play
111	Powerboating	163	Putt-putt golf
112	Waterskiing	164	Grockey
113	Wrestling	165	Other activities (specify)
114	Tennis (indoor)		
115	Lacrosse (indoor)		
116	Canoe polo		
117	Bodybuilding		
118	Circuits		
119	Power team		
120	Weight training for fitness — other		
121	Ballet		
122	Boot scooting		
123	Dancing — other		
124	Fishing		
125	Electric light cricket		
126	Wheelchair ice hockey		
127	Scuba diving		
128	Water polo		
129	Dog racing		
130	Walking — bush		
131	Walking — other (specify)		
133	Abseiling		
134	Caving		
135	Rock climbing		
136	Handball		
137	Fencing		
138	Gorilla ball		
139	Racquet ball		
140	Ultimate frisbee		
141	Gaelic football		
142	Horseracing (strapping)		
143	Teeball (T-ball)		
144	Boomerang throwing		
145	Water volleyball		
146	Woodchopping		
147	Dog shows		
148	Sheepdog trials		
149	Winter Olympics		
150	Marching		

6 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, roller-blading and skateboarding

RSE

Relative standard error

Rugby union

Includes rugby sevens

SE

Standard error

Shooting sports

Includes hunting, paintball and pistol shooting

Sport organisation

Sport or recreation club or association that requires payment of membership, fees or registration

Surf sports

Includes sailboarding, surfing, wind surfing. Excludes surf lifesaving

Swimming

Includes board diving

Unemployed

Unemployed persons are those who did not have a job when interviewed and looked for work in the four weeks prior to interview

Volleyball

Includes indoor and outdoor volleyball

Walking

Indicated as 'Walking — other' in the tables. This category excludes bushwalking, which is reported separately

Weight training

Includes bodybuilding, circuits and weight training for fitness

7 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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