



Australian Government

Australian Sports Commission

Department of Health and Ageing

Participation in Exercise, Recreation and Sport



Annual Report 2008

State and Territory Tables for Australian Capital Territory



Government of South Australia
Office for Recreation and Sport



Department of Sport and Recreation

9.3 2008 state/territory tables

9.3.1 Australian Capital Territory

Table 27: Australian Capital Territory participants — total participation in physical activity by type of participation, age and sex, 2008 (a)

Sex	Age group (years)	Organised	Non-organised	Both organised and	Total	Total non-	Total
		only (c) (A)	only (d) (B)	non-organised (e) (C)	organised (A + C)	organised (B + C)	participation (A + B + C)
		Number ('000)					
Males	15 to 24	7.0	6.2	11.3	18.3	17.5	24.5
	25 to 34	2.9	10.3	11.2	14.1	21.4	24.3
	35 to 44	1.7*	9.8	10.1	11.9	19.9	21.6
	45 to 54	1.5*	10.4	7.8	9.3	18.3	19.7
	55 to 64	0.8*	10.3	4.2	5.0	14.5	15.3
	65 and over	1.6*	5.5	4.6	6.2	10.1	11.7
	TOTAL		15.4	52.5	49.2	64.6	101.7
Females	15 to 24	5.4	6.9	9.6	14.9	16.5	21.8
	25 to 34	2.6	12.6	9.5	12.1	22.2	24.7
	35 to 44	1.7*	11.9	8.7	10.4	20.6	22.3
	45 to 54	0.9*	13.9	7.1	8.1	21.0	21.9
	55 to 64	0.7*	10.5	4.6	5.4	15.2	15.9
	65 and over	1.9*	7.5	4.8	6.7	12.4	14.3
	TOTAL		13.1	63.3	44.4	57.6	107.8
Persons	15 to 24	12.4	13.1	20.9	33.3	33.9	46.4
	25 to 34	5.4	22.9	20.7	26.1	43.6	49.0
	35 to 44	3.4	21.6	18.9	22.3	40.5	43.9
	45 to 54	2.4	24.3	15.0	17.3	39.2	41.6
	55 to 64	1.5*	20.9	8.8	10.3	29.7	31.2
	65 and over	3.5	13.1	9.4	12.9	22.5	26.0
	TOTAL		28.6	115.8	93.6	122.2	209.5
Total participation rate (%) (b)							
Males	15 to 24	27.7	24.3	44.5	72.2	68.8	96.6
	25 to 34	10.7	38.2	41.6	52.3	79.7	90.4
	35 to 44	6.9*	39.5	41.0	48.0	80.6	87.5
	45 to 54	6.5*	46.4	34.7	41.2	81.1	87.6
	55 to 64	4.3*	58.2	23.6	27.9	81.8	86.1
	65 and over	10.7*	37.8	31.4	42.1	69.2	79.9
	TOTAL	11.7	39.8	37.3	49.0	77.1	88.8
Females	15 to 24	22.0	28.3	39.3	61.3	67.5	89.5
	25 to 34	9.5	46.7	35.2	44.6	81.9	91.4
	35 to 44	6.5*	46.4	34.2	40.7	80.6	87.1
	45 to 54	3.9*	57.5	29.7	33.5	87.2	91.1
	55 to 64	3.8*	56.8	25.1	28.9	81.8	85.6
	65 and over	11.0*	43.7	27.9	38.9	71.6	82.7
	TOTAL	9.6	46.3	32.5	42.1	78.7	88.3
Persons	15 to 24	24.9	26.3	41.9	66.9	68.2	93.1
	25 to 34	10.1	42.5	38.3	48.4	80.8	90.9
	35 to 44	6.7	43.0	37.5	44.3	80.6	87.3
	45 to 54	5.1	52.1	32.1	37.2	84.3	89.4
	55 to 64	4.0*	57.5	24.4	28.4	81.8	85.9
	65 and over	10.9	41.0	29.5	40.4	70.5	81.4
	TOTAL	10.6	43.1	34.8	45.5	77.9	88.6

(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 2008

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

(c) Participants' activities are fully organised

(d) Participants' activities are fully non-organised

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

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

Table 28: Australian Capital Territory participants — total participation in any physical activity (organised and non-organised) by demographics, 2008 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Total participation rate (b) (%)	Number (‘000)	Total participation rate (%)	Number (‘000)	Total participation rate (%)
AGE GROUP (YEARS)						
15 to 24	24.5	96.6	21.8	89.5	46.4	93.1
25 to 34	24.3	90.4	24.7	91.4	49.0	90.9
35 to 44	21.6	87.5	22.3	87.1	43.9	87.3
45 to 54	19.7	87.6	21.9	91.1	41.6	89.4
55 to 64	15.3	86.1	15.9	85.6	31.2	85.9
65 and over	11.7	79.9	14.3	82.7	26.0	81.4
REGION						
Capital city	117.1	88.8	120.9	88.3	238.1	88.6
EMPLOYMENT STATUS						
Employed full time	78.9	90.8	51.1	89.3	130.0	90.2
Employed part time	14.9	93.5	37.2	91.1	52.1	91.8
Employed refused	0.4**	75.5**	0.4**	100.0**	0.9*	86.4*
Total employed	94.3	91.2	88.7	90.1	183.0	90.7
Unemployed	5.8	92.9	3.8	100.0	9.5	95.6
Not in the labour force	17.1	76.9	28.4	81.9	45.5	80.0
MARITAL STATUS						
Married	69.7	88.4	67.2	87.3	136.9	87.9
Not married	46.8	89.3	53.3	89.8	100.1	89.6
Refused/Do not know	0.6*	100.0*	0.4**	71.3**	1.1*	85.4*
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	30.8	88.0	40.9	86.6	71.8	87.2
At least one under 18 — none at home	2.6	76.1	0.2**	61.8**	2.8	74.8
No children under 18	83.7	89.6	79.8	89.3	163.4	89.5
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	50.6	91.9	44.5	93.2	95.1	92.5
Undergraduate diploma or associate diploma	10.4	87.8	11.8	87.8	22.2	87.8
Certificate, trade qualification or apprenticeship	14.4	89.1	13.5	87.4	27.9	88.3
Highest level of secondary school	23.9	87.5	26.0	84.3	49.9	85.8
Did not complete highest level of school	9.9	79.6	15.0	82.4	25.0	81.3
Never went to school	0.2**	100.0**	0.2**	100.0**	0.4**	100.0**
Still at secondary school	6.5	90.9	6.7	92.4	13.3	91.6
Other	1.0*	67.7*	2.9	87.2	3.9	81.2
Refused	0.1**	100.0**	0.1**	50.7**	0.3**	66.8**
LANGUAGE SPOKEN AT HOME						
English only	100.9	88.9	109.9	89.7	210.8	89.3
European language/s other than English	3.9	85.7	4.3	81.0	8.3	83.2
Non-European language/s	12.5	89.0	7.5	76.5	20.0	83.8
Total	117.1	88.8	120.9	88.3	238.1	88.6

(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 2008

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

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

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

Table 29: All Australian Capital Territory persons — participation in any physical activity by frequency, age and sex, 2008 (a)

Sex	Age group (years)	None	Up to once	One or two	Three or four	Five or	Do not know	Total
			per week (b)	times per week (c)	times per week (d)	more times per week		
		Number ('000)						
Males	15 to 24	0.9*	3.2	2.8	5.7	12.8	0.0**	25.4
	25 to 34	2.6	3.6	6.1	8.1	6.6	0.0**	26.9
	35 to 44	3.1	4.7	5.7	4.3	6.9	0.0**	24.7
	45 to 54	2.8	4.2	5.7	3.6	6.2	0.0**	22.5
	55 to 64	2.5	1.9*	3.1	3.3	6.9	0.0**	17.8
	65 and over	2.9	0.9*	2.8	2.6	5.4	0.0**	14.6
	TOTAL		14.7	18.6	26.1	27.7	44.8	0.0**
Females	15 to 24	2.6	3.1	6.6	4.8	7.3	0.0**	24.4
	25 to 34	2.3	2.3	7.4	7.0	8.0	0.0**	27.0
	35 to 44	3.3	2.2*	6.2	6.9	7.0	0.0**	25.6
	45 to 54	2.2*	2.5	5.5	5.9	8.1	0.0**	24.1
	55 to 64	2.7	1.1*	2.9	3.9	8.0	0.0**	18.5
	65 and over	3.0	1.2*	3.3	4.3	5.4	0.1**	17.3
	TOTAL		16.0	12.5	31.8	32.8	43.8	0.1**
Persons	15 to 24	3.4	6.3	9.3	10.6	20.1	0.0**	49.8
	25 to 34	4.9	5.9	13.5	15.1	14.6	0.0**	53.9
	35 to 44	6.4	6.9	11.9	11.2	13.9	0.0**	50.3
	45 to 54	4.9	6.7	11.1	9.5	14.3	0.0**	46.6
	55 to 64	5.1	3.1	6.0	7.2	14.9	0.0**	36.3
	65 and over	5.9	2.2*	6.1	6.8	10.8	0.1**	31.9
	TOTAL		30.7	31.1	57.9	60.4	88.6	0.1**
Percentage of row (%)								
Males	15 to 24	3.4*	12.6	10.9	22.6	50.5	0.0**	100.0
	25 to 34	9.6	13.3	22.6	30.2	24.4	0.0**	100.0
	35 to 44	12.5	19.1	23.0	17.4	28.0	0.0**	100.0
	45 to 54	12.4	18.9	25.2	16.2	27.4	0.0**	100.0
	55 to 64	13.9	11.0*	17.4	18.8	39.0	0.0**	100.0
	65 and over	20.1	6.2*	19.1	17.5	37.1	0.0**	100.0
	TOTAL		11.2	14.1	19.8	21.0	34.0	0.0**
Females	15 to 24	10.5	12.9	26.9	19.9	29.9	0.0**	100.0
	25 to 34	8.6	8.5	27.5	25.8	29.6	0.0**	100.0
	35 to 44	12.9	8.6*	24.1	27.0	27.4	0.0**	100.0
	45 to 54	8.9*	10.2	22.7	24.4	33.7	0.0**	100.0
	55 to 64	14.4	6.0*	15.7	21.1	42.9	0.0**	100.0
	65 and over	17.3	7.2*	18.9	24.6	31.3	0.6**	100.0
	TOTAL		11.7	9.1	23.2	23.9	32.0	0.1**
Persons	15 to 24	6.9	12.8	18.7	21.2	40.4	0.0**	100.0
	25 to 34	9.1	10.9	25.1	28.0	27.0	0.0**	100.0
	35 to 44	12.7	13.8	23.6	22.3	27.7	0.0**	100.0
	45 to 54	10.6	14.4	23.9	20.4	30.7	0.0**	100.0
	55 to 64	14.1	8.4	16.5	19.9	41.0	0.0**	100.0
	65 and over	18.6	6.7*	19.0	21.4	33.9	0.3**	100.0
	TOTAL		11.4	11.6	21.5	22.5	33.0	0.0**

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

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

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

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

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

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

Table 30: Australian Capital Territory participants — participation in any physical activity by cumulative frequency, age and sex, 2008 (a)

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	3.2	21.3	20.1	18.6	24.5
	25 to 34	3.6	20.7	18.1	14.7	24.3
	35 to 44	4.7	16.9	13.0	11.2	21.6
	45 to 54	4.2	15.5	12.3	9.8	19.7
	55 to 64	1.9*	13.3	11.9	10.3	15.3
	65 and over	0.9*	10.8	9.5	8.0	11.7
	TOTAL		18.6	98.5	85.0	72.5
Females	15 to 24	3.1	18.7	15.8	12.1	21.8
	25 to 34	2.3	22.4	19.7	15.0	24.7
	35 to 44	2.2*	20.1	17.7	13.9	22.3
	45 to 54	2.5	19.5	18.0	14.0	21.9
	55 to 64	1.1*	14.8	13.1	11.9	15.9
	65 and over	1.2*	12.9	11.7	9.7	14.3
	TOTAL		12.5	108.4	95.9	76.6
Persons	15 to 24	6.3	40.0	35.9	30.7	46.4
	25 to 34	5.9	43.2	37.8	29.7	49.0
	35 to 44	6.9	37.0	30.7	25.1	43.9
	45 to 54	6.7	34.9	30.4	23.8	41.6
	55 to 64	3.1	28.1	25.0	22.1	31.2
	65 and over	2.2*	23.7	21.1	17.6	26.0
	TOTAL		31.1	206.9	181.0	149.0
Total participation rate (%) (b)						
Males	15 to 24	12.6	83.9	79.3	73.1	96.6
	25 to 34	13.3	77.2	67.5	54.6	90.4
	35 to 44	19.1	68.4	52.6	45.4	87.5
	45 to 54	18.9	68.7	54.8	43.5	87.6
	55 to 64	11.0*	75.2	67.3	57.7	86.1
	65 and over	6.2*	73.7	64.6	54.6	79.9
	TOTAL		14.1	74.7	64.5	55.0
Females	15 to 24	12.9	76.7	64.8	49.8	89.5
	25 to 34	8.5	82.9	72.8	55.4	91.4
	35 to 44	8.6*	78.5	69.1	54.4	87.1
	45 to 54	10.2	80.8	74.8	58.1	91.1
	55 to 64	6.0*	79.7	70.5	64.0	85.6
	65 and over	7.2*	74.9	67.7	55.9	82.7
	TOTAL		9.1	79.1	70.1	55.9
Persons	15 to 24	12.8	80.4	72.2	61.7	93.1
	25 to 34	10.9	80.0	70.1	55.0	90.9
	35 to 44	13.8	73.5	61.0	50.0	87.3
	45 to 54	14.4	75.0	65.2	51.1	89.4
	55 to 64	8.4	77.5	68.9	60.9	85.9
	65 and over	6.7*	74.3	66.3	55.3	81.4
	TOTAL		11.6	77.0	67.3	55.4

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

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

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

Table 31: Australian Capital Territory recent participants — recent participation in any physical activity by duration and age, 2008 (a)

		15 to 24 years	25 to 34 years	35 to 44 years	45 to 54 years	55 to 64 years	65 years and over	Total
		Number ('000)						
Five hours or more	More than three sessions weekly	13.5	6.7	7.7	9.6	8.4	7.7	53.7
	Two or three sessions weekly	3.1	1.0*	1.5*	0.6*	0.6*	0.7*	7.4
	Less than two sessions weekly	0.0**	0.5**	0.3**	0.4**	0.0**	0.3**	1.6*
	<i>Total</i>	16.7	8.2	9.5	10.6	9.0	8.7	62.7
Two hours or more but less than five hours	More than three sessions weekly	4.9	8.9	8.9	9.0	8.9	5.0	45.5
	Two or three sessions weekly	6.8	5.6	5.1	5.0	2.3	1.8*	26.6
	Less than two sessions weekly	2.4	1.8*	2.2*	1.8*	0.5**	0.8*	9.5
	<i>Total</i>	14.1	16.3	16.2	15.8	11.7	7.5	81.6
Less than two hours	More than three sessions weekly	0.0**	1.6*	1.2*	0.5**	0.6*	0.7*	4.6
	Two or three sessions weekly	2.2*	4.3	3.7	2.7	2.1*	2.4	17.4
	Less than two sessions weekly	7.6	10.7	7.4	6.5	4.8	3.8	40.8
	<i>Total</i>	9.8	16.6	12.3	9.8	7.5	6.9	62.9
Total	More than three sessions weekly	18.4	17.2	17.8	19.1	18.0	13.4	103.9
	Two or three sessions weekly	12.2	11.0	10.2	8.3	5.0	4.8	51.4
	Less than two sessions weekly	10.0	13.0	9.9	8.8	5.3	4.9	51.9
	Total	40.6	41.1	38.0	36.1	28.2	23.2	207.2
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	6.5	3.2	3.7	4.6	4.1	3.7	25.9
	Two or three sessions weekly	1.5	0.5*	0.7*	0.3*	0.3*	0.3*	3.6
	Less than two sessions weekly	0.0**	0.2**	0.1**	0.2**	0.0**	0.2**	0.8*
	<i>Total</i>	8.0	3.9	4.6	5.1	4.4	4.2	30.3
Two hours or more but less than five hours	More than three sessions weekly	2.4	4.3	4.3	4.3	4.3	2.4	22.0
	Two or three sessions weekly	3.3	2.7	2.4	2.4	1.1	0.9*	12.8
	Less than two sessions weekly	1.1	0.8*	1.1*	0.9*	0.2**	0.4*	4.6
	<i>Total</i>	6.8	7.9	7.8	7.6	5.7	3.6	39.4
Less than two hours	More than three sessions weekly	0.0**	0.8*	0.6*	0.3**	0.3*	0.3*	2.2
	Two or three sessions weekly	1.1*	2.1	1.8	1.3	1.0*	1.2	8.4
	Less than two sessions weekly	3.7	5.2	3.6	3.1	2.3	1.8	19.7
	<i>Total</i>	4.7	8.0	5.9	4.7	3.6	3.3	30.4
Total	More than three sessions weekly	8.9	8.3	8.6	9.2	8.7	6.5	50.1
	Two or three sessions weekly	5.9	5.3	4.9	4.0	2.4	2.3	24.8
	Less than two sessions weekly	4.8	6.3	4.8	4.2	2.5	2.4	25.0
	Total	19.6	19.8	18.3	17.4	13.6	11.2	100.0

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport in the two weeks prior to interview in 2008

* 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: Australian Capital Territory regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2008 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Regular participation rate (b) (%)	Number (‘000)	Regular participation rate (%)	Number (‘000)	Regular participation rate (%)
AGE GROUP (YEARS)						
15 to 24	18.6	73.1	12.1	49.8	30.7	61.7
25 to 34	14.7	54.6	15.0	55.4	29.7	55.0
35 to 44	11.2	45.4	13.9	54.4	25.1	50.0
45 to 54	9.8	43.5	14.0	58.1	23.8	51.1
55 to 64	10.3	57.7	11.9	64.0	22.1	60.9
65 and over	8.0	54.6	9.7	55.9	17.6	55.3
REGION						
Capital city	72.5	55.0	76.6	55.9	149.0	55.4
EMPLOYMENT STATUS						
Employed full time	46.1	53.0	32.9	57.5	79.0	54.8
Employed part time	10.7	66.8	22.8	55.9	33.5	59.0
Employed refused	0.3**	49.0**	0.3**	70.9**	0.6*	58.8*
Total employed	57.0	55.1	56.0	56.9	113.1	56.0
Unemployed	3.5	56.8	2.1*	56.8*	5.7	56.8
Not in the labour force	11.9	53.7	18.4	53.0	30.3	53.3
MARITAL STATUS						
Married	40.5	51.3	43.8	56.9	84.2	54.1
Not married	31.4	59.9	32.8	55.3	64.2	57.4
Refused/Do not know	0.6*	100.0*	0.0**	0.0**	0.6*	49.1*
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	15.9	45.3	24.8	52.5	40.7	49.4
At least one under 18 — none at home	1.4*	40.0*	0.2**	61.8**	1.6*	42.0*
No children under 18	55.2	59.1	51.5	57.7	106.8	58.4
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	31.1	56.5	29.6	62.0	60.7	59.0
Undergraduate diploma or associate diploma	6.5	54.8	7.1	52.6	13.6	53.6
Certificate, trade qualification or apprenticeship	8.0	49.4	8.3	53.5	16.3	51.4
Highest level of secondary school	15.8	57.8	15.9	51.6	31.7	54.5
Did not complete highest level of school	5.4	43.5	9.4	51.6	14.8	48.3
Never went to school	0.2**	100.0**	0.2**	100.0**	0.4**	100.0**
Still at secondary school	4.5	62.3	3.7	51.1	8.2	56.7
Other	0.8*	56.6*	2.2*	66.2*	3.0	63.2
Refused	0.1**	100.0**	0.1**	50.7**	0.3**	66.8**
LANGUAGE SPOKEN AT HOME						
English only	62.4	55.0	70.7	57.7	133.2	56.4
European language/s other than English	2.0*	43.1*	2.5	46.4	4.5	44.9
Non-European language/s	8.1	57.7	3.8	38.8	11.9	49.9
Total	72.5	55.0	76.6	55.9	149.0	55.4

(a) Relates to persons aged 15 years and over who participated in physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

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

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

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

Table 33: Australian Capital Territory organised participants — participation in organised physical activity by frequency, age and sex, 2008 (a)

Sex	Age group (years)	None	Up to once	One or two	Three or four	Five or	Do not know	Total
			per week (b)	times per week (c)	times per week (d)	more times per week		
		Number ('000)						
Males	15 to 24	7.1	2.5	4.0	5.5	6.3	0.0**	25.4
	25 to 34	12.8	5.3	5.8	1.8*	1.2*	0.0**	26.9
	35 to 44	12.8	5.3	3.6	1.7*	1.1*	0.0**	24.7
	45 to 54	13.2	3.4	4.1	1.6*	0.1**	0.0**	22.5
	55 to 64	12.8	1.3*	2.1*	1.1*	0.4**	0.0**	17.8
	65 and over	8.5	1.3*	2.9	1.1*	0.9*	0.0**	14.6
	TOTAL		67.2	19.1	22.5	12.8	10.2	0.0**
Females	15 to 24	9.4	3.6	5.0	2.8	3.5	0.0**	24.4
	25 to 34	15.0	2.7	6.9	1.5*	0.9*	0.0**	27.0
	35 to 44	15.2	5.0	1.6*	2.7	1.0*	0.1**	25.6
	45 to 54	16.0	2.3	3.9	1.5*	0.4**	0.0**	24.1
	55 to 64	13.2	1.7*	2.0*	1.1*	0.5**	0.0**	18.5
	65 and over	10.5	1.4*	3.3	1.2*	0.8*	0.0**	17.3
	TOTAL		79.3	16.8	22.7	10.7	7.2	0.1**
Persons	15 to 24	16.5	6.1	9.1	8.4	9.8	0.0**	49.8
	25 to 34	27.8	8.0	12.6	3.3	2.2*	0.0**	53.9
	35 to 44	28.0	10.3	5.2	4.4	2.2*	0.1**	50.3
	45 to 54	29.2	5.8	8.0	3.0	0.5**	0.0**	46.6
	55 to 64	26.0	3.1	4.1	2.1*	1.0*	0.0**	36.3
	65 and over	19.0	2.7	6.2	2.3	1.7*	0.0**	31.9
	TOTAL		146.6	35.9	45.3	23.5	17.3	0.1**
		Percentage of row (%)						
Males	15 to 24	27.8	9.7	15.9	21.7	24.9	0.0**	100.0
	25 to 34	47.7	19.6	21.5	6.6*	4.6*	0.0**	100.0
	35 to 44	52.0	21.7	14.7	7.0*	4.6*	0.0**	100.0
	45 to 54	58.8	15.3	18.3	7.0*	0.7**	0.0**	100.0
	55 to 64	72.1	7.5*	12.0*	5.9*	2.5**	0.0**	100.0
	65 and over	57.9	8.8*	19.7	7.7*	5.8*	0.0**	100.0
	TOTAL		51.0	14.5	17.1	9.7	7.7	0.0**
Females	15 to 24	38.7	14.7	20.6	11.7	14.2	0.0**	100.0
	25 to 34	55.4	10.2	25.4	5.7*	3.4*	0.0**	100.0
	35 to 44	59.3	19.4	6.3*	10.4	4.1*	0.6**	100.0
	45 to 54	66.5	9.7	16.1	6.1*	1.6**	0.0**	100.0
	55 to 64	71.1	9.4*	10.9*	5.8*	2.8**	0.0**	100.0
	65 and over	61.1	8.2*	19.1	6.7*	4.9*	0.0**	100.0
	TOTAL		57.9	12.3	16.6	7.8	5.2	0.1**
Persons	15 to 24	33.1	12.2	18.2	16.8	19.7	0.0**	100.0
	25 to 34	51.6	14.9	23.4	6.1	4.0*	0.0**	100.0
	35 to 44	55.7	20.5	10.4	8.7	4.3*	0.3**	100.0
	45 to 54	62.8	12.4	17.2	6.5	1.1**	0.0**	100.0
	55 to 64	71.6	8.5	11.4	5.9*	2.6*	0.0**	100.0
	65 and over	59.6	8.5	19.4	7.2	5.3*	0.0**	100.0
	TOTAL		54.5	13.4	16.8	8.8	6.5	0.1**

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

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

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

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

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

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

Table 34: Australian Capital Territory organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2008 (a)

Sex	Age group (years)	Less than once per week	Once per week or more	Twice per week or more	Three times per week or more	Total participation
		Number ('000)				
Males	15 to 24	2.5	15.9	14.4	11.9	18.3
	25 to 34	5.3	8.8	5.3	3.0	14.1
	35 to 44	5.3	6.5	4.6	2.9	11.9
	45 to 54	3.4	5.8	2.9	1.7*	9.3
	55 to 64	1.3*	3.6	2.2*	1.5*	5.0
	65 and over	1.3*	4.9	3.4	2.0*	6.2
	TOTAL		19.1	45.5	32.8	23.0
Females	15 to 24	3.6	11.4	8.5	6.3	14.9
	25 to 34	2.7	9.3	5.6	2.4	12.1
	35 to 44	5.0	5.3	4.3	3.7	10.4
	45 to 54	2.3	5.7	3.6	1.8*	8.1
	55 to 64	1.7*	3.6	2.4	1.6*	5.4
	65 and over	1.4*	5.3	3.8	2.0*	6.7
	TOTAL		16.8	40.6	28.2	17.9
Persons	15 to 24	6.1	27.2	22.9	18.2	33.3
	25 to 34	8.0	18.1	10.9	5.5	26.1
	35 to 44	10.3	11.8	8.9	6.6	22.3
	45 to 54	5.8	11.6	6.4	3.6	17.3
	55 to 64	3.1	7.2	4.6	3.1	10.3
	65 and over	2.7	10.2	7.2	4.0	12.9
	TOTAL		35.9	86.1	61.0	40.9
Total participation rate (%) (b)						
Males	15 to 24	9.7	62.5	56.6	46.7	72.2
	25 to 34	19.6	32.7	19.9	11.3	52.3
	35 to 44	21.7	26.3	18.5	11.6	48.0
	45 to 54	15.3	25.9	12.7	7.6*	41.2
	55 to 64	7.5*	20.4	12.3*	8.4*	27.9
	65 and over	8.8*	33.3	23.3	13.6*	42.1
	TOTAL	14.5	34.5	24.8	17.4	49.0
Females	15 to 24	14.7	46.6	35.0	25.9	61.3
	25 to 34	10.2	34.5	20.7	9.1	44.6
	35 to 44	19.4	20.7	17.0	14.4	40.7
	45 to 54	9.7	23.8	14.9	7.7*	33.5
	55 to 64	9.4*	19.4	13.0	8.6*	28.9
	65 and over	8.2*	30.7	21.9	11.6*	38.9
	TOTAL	12.3	29.7	20.6	13.1	42.1
Persons	15 to 24	12.2	54.7	46.0	36.5	66.9
	25 to 34	14.9	33.6	20.3	10.2	48.4
	35 to 44	20.5	23.5	17.7	13.0	44.3
	45 to 54	12.4	24.8	13.8	7.6	37.2
	55 to 64	8.5	19.9	12.7	8.5	28.4
	65 and over	8.5	31.9	22.6	12.5	40.4
	TOTAL	13.4	32.0	22.7	15.2	45.5

(a) Relates to persons aged 15 years and over who participated in organised physical activity for exercise, recreation and sport over a 12-month period prior to interview in 2008

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

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

Table 35: Australian Capital Territory organised participants — total participation in organised activities by type of organisation, age and sex, 2008 (a)

Sex	Age group (years)	Fitness, leisure or indoor sports centre	Sport or recreation club or association (c)	Work	School	Other	Total organised participation
		Number ('000)					
Males	15 to 24	7.2	14.2	1.1*	4.7	1.8*	18.3
	25 to 34	6.1	9.5	0.7*	0.5**	2.8	14.1
	35 to 44	4.3	8.9	1.5*	0.3**	1.4*	11.9
	45 to 54	3.0	6.0	0.5**	0.2**	1.3*	9.3
	55 to 64	0.9*	3.9	0.2**	0.0**	1.2*	5.0
	65 and over	1.8*	4.5	0.0**	0.0**	1.2*	6.2
	TOTAL		23.4	47.0	3.9	5.7	9.8
Females	15 to 24	7.9	9.9	0.5**	4.4	1.4*	14.9
	25 to 34	7.6	5.6	0.6*	0.2**	1.2*	12.1
	35 to 44	5.1	5.0	0.5**	0.0**	2.2*	10.4
	45 to 54	5.0	3.2	0.5**	0.2**	1.1*	8.1
	55 to 64	2.2*	1.8*	0.2**	0.0**	1.5*	5.4
	65 and over	3.4	2.9	0.0**	0.0**	2.0*	6.7
	TOTAL		31.2	28.5	2.4	4.9	9.5
Persons	15 to 24	15.1	24.1	1.6*	9.2	3.3	33.3
	25 to 34	13.7	15.1	1.3*	0.7*	4.1	26.1
	35 to 44	9.4	13.9	2.0*	0.3**	3.7	22.3
	45 to 54	8.0	9.2	1.0*	0.4**	2.4	17.3
	55 to 64	3.1	5.7	0.4**	0.0**	2.7	10.3
	65 and over	5.2	7.4	0.0**	0.0**	3.2	12.9
	TOTAL		54.6	75.4	6.3	10.6	19.3
Total participation rate (%) (b)							
Males	15 to 24	28.2	56.1	4.3*	18.7	7.2*	72.2
	25 to 34	22.8	35.3	2.6*	1.9**	10.5	52.3
	35 to 44	17.6	36.0	6.1*	1.1**	5.9*	48.0
	45 to 54	13.4	26.5	2.1**	0.8**	6.0*	41.2
	55 to 64	5.1*	21.9	0.9**	0.0**	6.6*	27.9
	65 and over	12.4*	30.8	0.0**	0.0**	8.2*	42.1
	TOTAL		17.7	35.6	3.0	4.3	7.5
Females	15 to 24	32.6	40.4	2.0**	18.2	5.9*	61.3
	25 to 34	28.1	20.8	2.3*	0.8**	4.6*	44.6
	35 to 44	19.7	19.6	2.1**	0.0**	8.7*	40.7
	45 to 54	20.8	13.5	2.1**	1.0**	4.5*	33.5
	55 to 64	12.0*	9.8*	1.1**	0.0**	8.2*	28.9
	65 and over	19.6	17.0	0.0**	0.0**	11.5*	38.9
	TOTAL		22.8	20.8	1.7	3.6	6.9
Persons	15 to 24	30.4	48.4	3.2*	18.5	6.6	66.9
	25 to 34	25.5	28.0	2.4*	1.3*	7.6	48.4
	35 to 44	18.7	27.6	4.0*	0.5**	7.3	44.3
	45 to 54	17.2	19.7	2.1*	0.9**	5.2	37.2
	55 to 64	8.6	15.7	1.0**	0.0**	7.4	28.4
	65 and over	16.3	23.3	0.0**	0.0**	10.0	40.4
	TOTAL		20.3	28.1	2.3	3.9	7.2

(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 2008

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

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

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

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

Table 36: Australian Capital Territory participants — total participation in specific activities (organised and non-organised) by sex, 2008 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	30.3	22.9	47.8	34.9	78.0	29.0
Aquarobics	0.2**	0.1**	3.5	2.5	3.7	1.4
Athletics/track and field	1.4*	1.1*	0.9*	0.7*	2.3	0.9
Australian rules football	1.9*	1.5*	0.6*	0.5*	2.6	1.0
Badminton	1.9*	1.5*	1.1*	0.8*	3.0	1.1
Baseball	1.0*	0.7*	0.1**	0.1**	1.1*	0.4*
Basketball	6.4	4.9	3.5	2.5	9.9	3.7
Billiards/snooker/pool	1.0*	0.8*	0.1**	0.1**	1.1*	0.4*
Boxing	1.1*	0.9*	0.2**	0.2**	1.4*	0.5*
Canoeing/kayaking	3.2	2.5	1.6*	1.2*	4.9	1.8
Carpet bowls	0.3**	0.3**	0.0**	0.0**	0.3**	0.1**
Cricket (indoor)	5.5	4.2	0.4**	0.3**	5.9	2.2
Cricket (outdoor)	8.5	6.4	0.5**	0.4**	9.0	3.4
Cycling	30.7	23.3	18.1	13.2	48.8	18.2
Dancing	1.6*	1.2*	6.2	4.5	7.7	2.9
Darts	0.5**	0.3**	0.0**	0.0**	0.5**	0.2**
Fishing	3.9	3.0	0.1**	0.1**	4.1	1.5
Football (indoor)	6.0	4.6	3.1	2.3	9.2	3.4
Football (outdoor)	12.9	9.8	4.4	3.2	17.3	6.4
Golf	16.6	12.6	2.3	1.7	18.9	7.0
Gymnastics	0.5**	0.4**	0.7*	0.5*	1.2*	0.4*
Hockey (indoor)	1.3*	1.0*	0.8*	0.6*	2.1*	0.8*
Hockey (outdoor)	2.3	1.7	1.9*	1.4*	4.2	1.6
Horse riding/equestrian activities/polocrosse	0.1**	0.1**	2.5	1.8	2.6	1.0
Ice/snow sports	4.1	3.1	3.8	2.7	7.9	2.9
Lawn bowls	2.1*	1.6*	0.9*	0.7*	3.0	1.1
Martial arts	2.4	1.8	3.1	2.3	5.5	2.0
Motor sports	2.2*	1.7*	0.7*	0.5*	2.9	1.1
Netball	1.2*	0.9*	8.9	6.5	10.2	3.8
Orienteering	3.5	2.6	1.6*	1.2*	5.1	1.9
Rock climbing	0.9*	0.7*	1.1*	0.8*	2.0*	0.7*
Roller sports	1.2*	0.9*	1.0*	0.8*	2.3	0.8
Rowing	1.0*	0.8*	0.8*	0.6*	1.8*	0.7*
Rugby league	3.9	2.9	0.3**	0.2**	4.2	1.5
Rugby union	2.9	2.2	0.3**	0.2**	3.2	1.2
Running	21.8	16.5	12.2	8.9	34.0	12.6
Sailing	0.9*	0.7*	0.5**	0.4**	1.4*	0.5*
Scuba diving	1.0*	0.8*	0.6*	0.4*	1.6*	0.6*
Shooting sports	0.9*	0.7*	0.4**	0.3**	1.3*	0.5*
Softball	0.3**	0.2**	1.2*	0.9*	1.5*	0.6*
Squash/racquetball	4.3	3.3	0.8*	0.6*	5.1	1.9
Surf sports	2.0*	1.6*	0.9*	0.6*	2.9	1.1
Swimming	17.4	13.2	20.5	14.9	37.8	14.1
Table tennis	1.2*	0.9*	0.5**	0.3**	1.7*	0.6*
Tennis	11.7	8.8	9.1	6.7	20.8	7.7
Tenpin bowling	1.4*	1.0*	1.3*	1.0*	2.7	1.0
Touch football	9.3	7.0	3.6	2.7	12.9	4.8
Triathlon	0.6*	0.5*	0.5**	0.4**	1.2*	0.4*
Volleyball	1.2*	0.9*	0.5**	0.4**	1.7*	0.6*
Walking (bush)	10.2	7.7	10.7	7.8	20.9	7.8
Walking (other)	39.3	29.8	74.7	54.5	114.0	42.4
Water polo	0.6*	0.5*	0.2**	0.1**	0.8*	0.3*
Waterskiing/powerboating	1.5*	1.1*	0.7*	0.5*	2.2*	0.8*
Weight training	7.3	5.5	5.9	4.3	13.2	4.9
Yoga	0.9*	0.7*	10.3	7.5	11.2	4.2

(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 2008

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

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

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

Table 37: Australian Capital Territory participants — total participation in specific activities by type of activity, 2008 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	27.6	54.7	78.0	10.3	20.3	29.0
Aquarobics	2.1*	1.7*	3.7	0.8*	0.6*	1.4
Athletics/track and field	1.7*	0.7*	2.3	0.6*	0.3*	0.9
Australian rules football	1.8*	0.8*	2.6	0.7*	0.3*	1.0
Badminton	1.1*	2.0*	3.0	0.4*	0.7*	1.1
Baseball	1.1*	0.0**	1.1*	0.4*	0.0**	0.4*
Basketball	6.6	3.8	9.9	2.4	1.4	3.7
Billiards/snooker/pool	0.3**	0.8*	1.1*	0.1**	0.3*	0.4*
Boxing	0.7*	0.7*	1.4*	0.2*	0.3*	0.5*
Canoeing/kayaking	1.6*	3.7	4.9	0.6*	1.4	1.8
Carpet bowls	0.3**	0.0**	0.3**	0.1**	0.0**	0.1**
Cricket (indoor)	4.9	1.2*	5.9	1.8	0.4*	2.2
Cricket (outdoor)	5.5	3.9	9.0	2.1	1.4	3.4
Cycling	6.4	46.4	48.8	2.4	17.3	18.2
Dancing	6.2	2.4	7.7	2.3	0.9	2.9
Darts	0.3**	0.1**	0.5**	0.1**	0.0**	0.2**
Fishing	0.8*	3.9	4.1	0.3*	1.5	1.5
Football (indoor)	7.7	2.4	9.2	2.9	0.9	3.4
Football (outdoor)	11.4	6.5	17.3	4.2	2.4	6.4
Golf	8.8	12.9	18.9	3.3	4.8	7.0
Gymnastics	0.6*	0.6*	1.2*	0.2*	0.2*	0.4*
Hockey (indoor)	2.1*	0.2**	2.1*	0.8*	0.1**	0.8*
Hockey (outdoor)	3.9	0.5**	4.2	1.5	0.2**	1.6
Horse riding/equestrian activities/polocrosse	0.9*	2.3	2.6	0.3*	0.9	1.0
Ice/snow sports	1.3*	6.7	7.9	0.5*	2.5	2.9
Lawn bowls	2.7	0.7*	3.0	1.0	0.3*	1.1
Martial arts	4.0	1.9*	5.5	1.5	0.7*	2.0
Motor sports	0.7*	2.4	2.9	0.3*	0.9	1.1
Netball	6.4	4.6	10.2	2.4	1.7	3.8
Orienteering	3.5	2.4	5.1	1.3	0.9	1.9
Rock climbing	0.7*	1.3*	2.0*	0.3*	0.5*	0.7*
Roller sports	0.0**	2.3	2.3	0.0**	0.8	0.8
Rowing	1.1*	0.7*	1.8*	0.4*	0.2*	0.7*
Rugby league	3.6	0.8*	4.2	1.3	0.3*	1.5
Rugby union	3.2	0.2**	3.2	1.2	0.1**	1.2
Running	5.8	32.5	34.0	2.2	12.1	12.6
Sailing	0.6*	1.3*	1.4*	0.2*	0.5*	0.5*
Scuba diving	1.0*	1.1*	1.6*	0.4*	0.4*	0.6*
Shooting sports	0.9*	0.5**	1.3*	0.3*	0.2**	0.5*
Softball	1.5*	0.1**	1.5*	0.6*	0.0**	0.6*
Squash/racquetball	1.7*	3.6	5.1	0.6*	1.3	1.9
Surf sports	0.2**	2.9	2.9	0.1**	1.1	1.1
Swimming	3.2	35.7	37.8	1.2	13.3	14.1
Table tennis	0.6*	1.1*	1.7*	0.2*	0.4*	0.6*
Tennis	6.5	16.8	20.8	2.4	6.3	7.7
Tenpin bowling	1.1*	1.9*	2.7	0.4*	0.7*	1.0
Touch football	9.7	3.6	12.9	3.6	1.3	4.8
Triathlon	1.2*	0.2**	1.2*	0.4*	0.1**	0.4*
Volleyball	1.7*	0.2**	1.7*	0.6*	0.1**	0.6*
Walking (bush)	3.7	19.4	20.9	1.4	7.2	7.8
Walking (other)	4.4	112.7	114.0	1.6	41.9	42.4
Water polo	0.8*	0.0**	0.8*	0.3*	0.0**	0.3*
Waterskiing/powerboating	0.0**	2.2*	2.2*	0.0**	0.8*	0.8*
Weight training	4.9	10.2	13.2	1.8	3.8	4.9
Yoga	7.2	5.1	11.2	2.7	1.9	4.2

(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 2008

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

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

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