

## Organised Sport and Physical Activity

Organised sport and physical activity refers to sport and physical activities that are conducted in full or part by a club, community group, recreation or fitness centre.<sup>1</sup>

Organised physical activities provide many opportunities to participate, through playing and non-playing roles, such as administration, coaching and officiating. Due to this, the promotion of organised physical activity is not only an important way of encouraging Australians to become more active but it is also a vehicle to learn new skills.

### PARTICIPATION IN ORGANISED SPORT OR PHYSICAL ACTIVITY

In 2006, 715,100 (43.8%) Western Australians aged 15 years and over participated in organised sport or physical activity in the past year. This is more than half (52.3%) of the 1.4 million Western Australians who participated in sport or physical activity in the same period.<sup>2</sup>

Between 2001 and 2006, the proportion of all people who participated in organised physical activity increased. For most of that time, the proportion was slightly higher for Western Australia than Australia.<sup>3</sup>

#### **Proportion of all people aged 15 years and over who participated in organised physical activity: 2001–2003<sup>(a)</sup>**<sup>4</sup>

Year	Western Australia (%)	Australia (%)
2001	42.2	39.9
2002	42.0	40.9
2003	44.8	42.7
2004	42.7	42.7
2005	43.0	41.8
2006	43.8	39.1

(a) Proportion who participated in the 12 months to survey

#### **Participation by sex<sup>5</sup>**

In 2006 the participation rate for both males and females aged 15 years and over was higher in Western Australia than Australia.

#### **Rates of participation in organised physical activity by sex: people aged 15 years and over – 2006<sup>(a)</sup>**

	Western Australia (%)	Australia (%)
Males	44.2	40.8
Females	43.3	37.4
<b>Total</b>	<b>43.8</b>	<b>39.1</b>

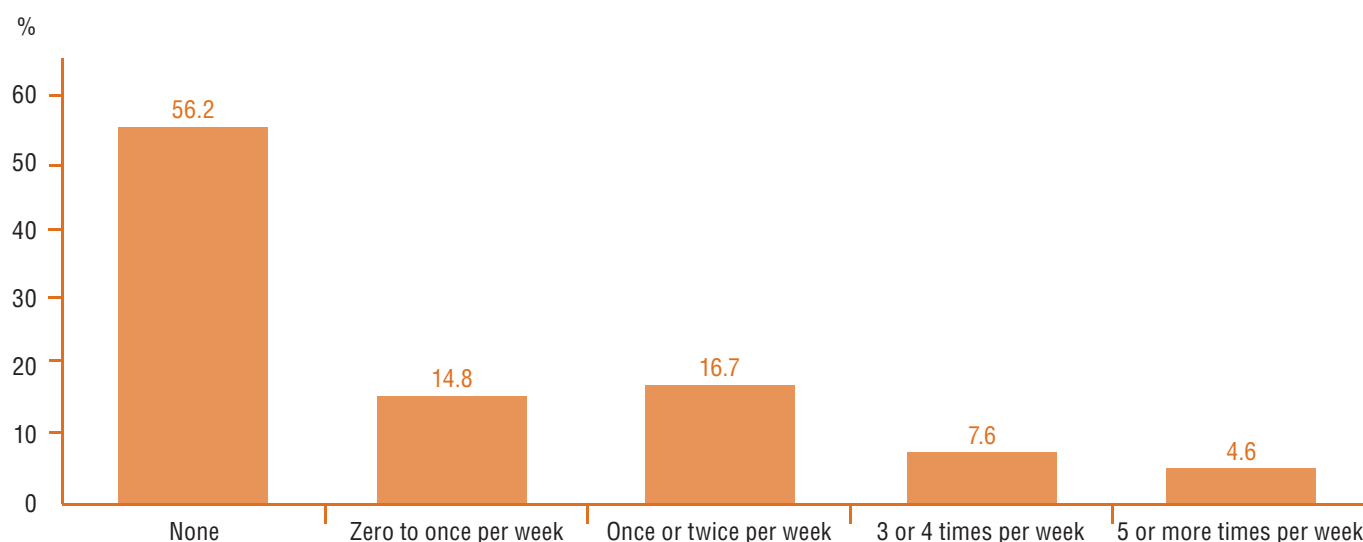
(a) Proportion who participated in the 12 months to survey

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## Frequency of participation in organised physical activity?<sup>6</sup>

Of the 43.8% of Western Australians who participated in organised physical activity in 2006, most were likely to participate once or twice per week or less than once per week.

**Frequency of participation in organised physical activity: proportion of all people aged 15 years and over – Western Australia, 2006**



## Participation in organised physical activity by age<sup>7</sup>

In 2006, the rate of participation in organised physical activity was highest in the 15-24 years age group and generally decreased with age. However, in Western Australia people aged 55-64 years had a higher rate of participation than those aged 45-54 years.

**Rates of participation in organised physical activity by age – 2006**

Age	Western Australia (%)	Australia (%)
15–24 years	69.2	62.7
25–34 years	50.4	41.2
35–44 years	43.9	38.9
45–54 years	29.2	31.4
55–64 years	36.3	30.1
65 years and older	29.4	27.7
<b>Total</b>	<b>43.8</b>	<b>39.1</b>

(a) Proportion who participated in the 12 months to survey

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## Children's Participation in Organised Sport<sup>8</sup>

In 2006, approximately 184,600 (69.6%) Western Australian children aged 5-14 years were involved in organised sport and/or dancing outside of school hours in the past 12 months. Of these 172,900 (65.2% of Western Australian children) were involved in organised sport. Note that children can be involved in both organised sport and dancing.

In 2006, the proportion of children aged 5 to 14 years who participated in organised sport outside of school hours was higher for males (68.5%) than females (61.8%). However, when organised dancing is included the rates were similar (69.4% for males compared to 71.4% for females).

## Where do Western Australians participate in organised physical activity?

Nationally in 2006, people aged 15 years and over were most likely to participate in an organised activity at a sport or recreation club or association; or at a fitness, leisure or indoor sports centre.<sup>9</sup> Note that a sport or recreation club or association is a not for profit community organisation while a fitness, leisure or indoor sport centre is a commercial/ business centre or group providing recreation opportunities.

In 2006, Western Australian males were more likely than females aged 15 years and over to participate in an organised activity at a sport or recreation club or association. Women were more likely to participate at a fitness, leisure or indoor sports centre. Rates of participation at both types of organisations declined with age.<sup>10</sup>

### Participation in organised physical activity by type of organisation and sex: Western Australians aged 15 years and over – 2006<sup>(a) 11</sup>

Sex	Sport or recreation club or association (%)	Fitness, leisure or indoor sports centre (%)
Males	31.0	14.7
Females	25.7	19.2
<b>Total</b>	<b>28.4</b>	<b>17.0</b>

(a) Proportion who participated in the 12 months to survey.

### Participation in organised physical activity by type of organisation and age: Western Australians aged 15 years and over – 2006<sup>(a) 12</sup>

Age	Sport or recreation club or association (%)	Fitness, leisure or indoor sports centre (%)
15-24	40.2	26.9
25-34	32.5	22.1
35-44	32.5	16.7
45-54	17.7	11.5
55-64	26.1	12.7
65+	18.8	9.7
<b>TOTAL</b>	<b>28.4</b>	<b>17.0</b>

(a) Proportion who participated in the 12 months to survey.

# Organised Sport and Physical Activity

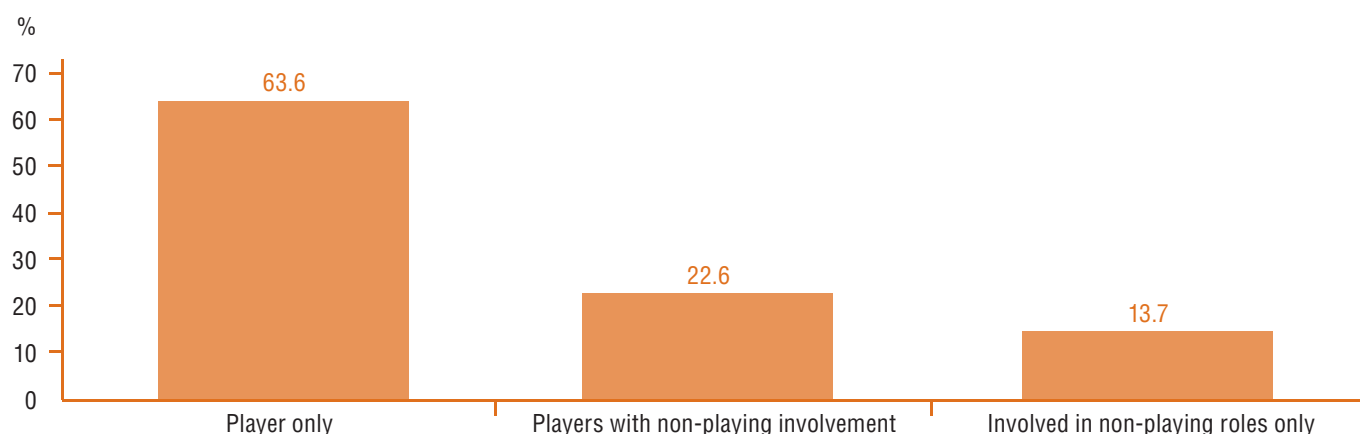
## Activities organised by clubs/associations<sup>13</sup>

In Australia, physical activities where participation was most often organised by a club, association, fitness centre or other organisation in 2006 were triathlons (96.9%), outdoor hockey (94.7%) and lawn bowls (96.3%). Activities least likely to be organised included walking (2.8%), cycling (8.5%), fishing (10.5%) and running (10.8%).

## Type of involvement in organised sport and physical activity<sup>14</sup>

In 2006, 421,800 (86.3%) of the 488,800 Western Australians aged 15 years and over involved in organised sport and physical activity in the past 12 months were players. About a quarter (26.2%) of players had non-playing involvement.

### Type of involvement in organised sport and physical activity: Western Australians aged 15 years and over – 2006<sup>(a)</sup>



(a) Proportion who participated in the 12 months to survey.

## Non-playing roles in organised sport and physical activity

Non-playing roles are undertaken to support, arrange and/or run organised sport and physical activity. These include coach, instructor or teacher; referee or umpire; committee member or administrator; scorer or timekeeper; medical support; and other roles.

## Non-playing involvements in organised physical activity

In the 12 months to April 2006, 177,700 Western Australians aged 15 years and over had non-playing involvement in organised sport and physical activity.<sup>15</sup>

In both Western Australia and Australia, the proportion of men was higher than the proportion of women who had some non-playing involvement.<sup>16</sup>

### Proportion of persons aged 15 years and over with non-playing involvement in organised physical activity – 2004<sup>(a)</sup><sup>17</sup>

Sex	Western Australia (%)	Australia (%)
Males	11.7	11.0
Females	10.5	8.9
<b>Total</b>	<b>11.1</b>	<b>9.9</b>

(a) Proportion who participated in the 12 months to survey.

Of the 177,700 Western Australians with non-playing involvement in organised physical activity in 2006, 33,300 (18.7%) received payment for their involvement.<sup>18</sup>

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## Involvements in organised physical activity by role

In 2006, popular non-playing roles included coach, instructor or teacher; committee member or administrator; and scorer or timekeeper.

### Rates of participation in organised physical activity by role: people aged 15 years and over – 2006 \* 19,20,21,22

Type of involvement	Western Australia (%)	Australia (%)
Non-playing involvement		
Coach, instructor or teacher	4.2	4.0
Committee member or administrator	4.1	4.2
Scorer or timekeeper	4.1	3.8
Referee or umpire	3.2	2.3
Medical support and other involvement	2.3	1.6
<i>Total persons with non-playing involvements</i>	<i>10.9</i>	<i>9.6</i>
<i>Total persons with playing involvements</i>	<i>26.4</i>	<i>23.4</i>
<b>Total persons with involvement</b>	<b>30.6</b>	<b>27.3</b>

(a) Proportion who participated in the 12 months to survey.

(b) Note that a person can have involvement in multiple roles. Due to this, the participation rates for the different roles add to more than the totals.

## Commonly organised activities: Team sports

Activities which are commonly organised include team sports<sup>1</sup>. In 2006, 8.8% of Western Australians aged 18 years and over participated in team sports.<sup>23</sup>

### Participation in team sports by age<sup>24</sup>

In 2006, participation of Western Australians in team sports decreased as age increased. For most age groups, excluding those aged 60 and over, males were more likely than females to participate in team sports.

### Western Australian rates of participation in team sports by age groups in 2002

Age	Male participation rate (%)	Female participation rate (%)
Under 30	24.3	11.8
30–44	13.3	9.1
45–59	3.5	2.0
60 and over	0.9	1.0
<b>Total</b>	<b>11.3</b>	<b>6.3</b>
<b>Total persons with no involvement</b>	<b>69.4</b>	<b>72.7</b>
<b>Total persons</b>	<b>100.0</b>	<b>100.0</b>

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## Endnotes

- <sup>1</sup> Standing Committee on Recreation and Sport. (2007). Participation in exercise, recreation and sport: annual report 2006. Canberra, Australian Capital Territory: Standing Committee on Recreation and Sport. p112.
- <sup>2</sup> Ibid. p87-88.
- <sup>3</sup> Ibid. p88.
- <sup>4</sup> Ibid. p88.
- <sup>5</sup> Ibid. p88.
- <sup>6</sup> Ibid. p78.
- <sup>7</sup> Ibid. p62.
- <sup>8</sup> Australian Bureau of Statistics. (2006). Children's participation in cultural and leisure activities. (Cat. no. 4901.0). 'State Table 5 - Participation in organised sport or dancing - By States or territories; age and sex - 2006', data cube: Excel spreadsheet, viewed 10/10/2008. [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/32DB09525D54D5DDCA25726000111919/\\$File/49010\\_state\\_table5.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/32DB09525D54D5DDCA25726000111919/$File/49010_state_table5.xls)
- <sup>9</sup> Ibid. p59.
- <sup>10</sup> Standing Committee on Recreation and Sport. (2007). Participation in exercise, recreation and sport: annual report 2006. Canberra, Australian Capital Territory: Standing Committee on Recreation and Sport. p60-61.
- <sup>11</sup> Ibid. p60-61.
- <sup>12</sup> Ibid. p60-61.
- <sup>13</sup> Ibid. p15.
- <sup>14</sup> Australian Bureau of Statistics. (2007). Involvement in organised sport and physical activity. (Cat. no. 6285.0). Canberra, Australian Capital Territory. p12.
- <sup>15</sup> Ibid. p24.
- <sup>16</sup> Ibid. p22-24.
- <sup>17</sup> Ibid. p22-24.
- <sup>18</sup> Ibid. p12.
- <sup>19</sup> Ibid. p15-16.
- <sup>20</sup> Ibid. p24.
- <sup>21</sup> Ibid. p9.
- <sup>22</sup> Australian Bureau of Statistics. (2007). Involvement in organised sport and physical activity. (Cat. no. 6285.0). 'State tables for Western Australia'. Data cube: Excel spreadsheet. Canberra, Australian Capital Territory. Viewed 23/06/2008. [http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/A91EF36C391B5AB4CA257420000D6849/\\$File/62850do006\\_200704.xls](http://www.ausstats.abs.gov.au/ausstats/subscriber.nsf/0/A91EF36C391B5AB4CA257420000D6849/$File/62850do006_200704.xls)
- <sup>23</sup> Milligan, R., McCormack, G. R., Rosenberg, M. (2007). Physical activity levels of Western Australian Adults 2006. Results from the adult physical activity study. Perth, Western Australia: Western Australian Government. p32.
- <sup>24</sup> Ibid. p33.

\* Note that not all team sport is organised.