



Australian Government
Australian Sports Commission

Participation in Exercise, Recreation and Sport



Annual Report 2010

State and Territory Tables for Victoria



Communities
Sport & Recreation



Government of Western Australia
Department of Sport and Recreation



Government of South Australia
Office for Recreation and Sport



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9.3.7 Victoria

Table 93: Victorian participants — total participation in physical activity by type of participation, age and sex, 2010 (a)

		Organised only (c) (A)	Non-organised only (d) (B)	Both organised and non-organised (e) (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	98.7	106.0	155.1	253.8	261.1	359.7
	25 to 34	53.6	164.4	132.0	185.7	296.4	350.0
	35 to 44	49.8	163.9	130.9	180.7	294.8	344.6
	45 to 54	32.3	171.3	100.1	132.5	271.4	303.8
	55 to 64	25.9	142.6	70.9	96.8	213.6	239.4
	65 and over	34.7	131.4	70.0	104.7	201.4	236.1
	TOTAL		294.9	879.6	659.2	954.1	1,538.7
Females	15 to 24	60.3	115.2	142.7	203.1	257.9	318.2
	25 to 34	33.6	169.2	117.7	151.3	286.9	320.5
	35 to 44	29.1	182.6	123.0	152.2	305.6	334.8
	45 to 54	20.8	199.8	91.1	111.8	290.8	311.6
	55 to 64	16.3	161.0	72.8	89.1	233.8	250.1
	65 and over	42.5	149.6	87.1	129.6	236.6	279.2
	TOTAL		202.6	977.3	634.4	837.0	1,611.7
Persons	15 to 24	159.0	221.1	297.9	456.9	519.0	678.0
	25 to 34	87.2	333.6	249.7	337.0	583.3	670.6
	35 to 44	78.9	346.5	253.9	332.9	600.5	679.4
	45 to 54	53.1	371.1	191.2	244.3	562.2	615.3
	55 to 64	42.1	303.6	143.8	185.9	447.4	489.5
	65 and over	77.2	280.9	157.1	234.3	438.0	515.2
	TOTAL		497.5	1,856.9	1,293.6	1,791.1	3,150.5
Total participation rate (%) (b)							
Males	15 to 24	25.7	27.6	40.4	66.1	68.0	93.8
	25 to 34	13.8	42.4	34.1	47.9	76.5	90.3
	35 to 44	12.8	42.1	33.6	46.4	75.7	88.5
	45 to 54	8.8	46.7	27.3	36.1	74.0	82.9
	55 to 64	8.6	47.4	23.6	32.2	71.0	79.6
	65 and over	10.6	40.1	21.4	32.0	61.5	72.1
	TOTAL	13.7	40.8	30.6	44.3	71.4	85.1
Females	15 to 24	16.4	31.3	38.8	55.2	70.2	86.6
	25 to 34	8.7	43.8	30.4	39.1	74.2	82.9
	35 to 44	7.3	45.6	30.7	38.0	76.3	83.6
	45 to 54	5.5	52.9	24.1	29.6	77.1	82.6
	55 to 64	5.2	51.6	23.3	28.6	75.0	80.2
	65 and over	11.3	39.7	23.1	34.4	62.7	74.0
	TOTAL	9.1	44.0	28.6	37.7	72.6	81.7
Persons	15 to 24	21.2	29.4	39.6	60.8	69.1	90.2
	25 to 34	11.3	43.1	32.3	43.5	75.4	86.6
	35 to 44	10.0	43.9	32.2	42.1	76.0	86.0
	45 to 54	7.1	49.9	25.7	32.8	75.6	82.7
	55 to 64	6.9	49.5	23.5	30.3	73.0	79.9
	65 and over	11.0	39.9	22.3	33.3	62.2	73.1
	TOTAL	11.4	42.4	29.6	40.9	72.0	83.4

(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 2010

(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

Table 94: Victorian participants — total participation in any physical activity (organised and non-organised) by demographics, 2010 (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	359.7	93.8	318.2	86.6	678.0	90.2
25 to 34	350.0	90.3	320.5	82.9	670.6	86.6
35 to 44	344.6	88.5	334.8	83.6	679.4	86.0
45 to 54	303.8	82.9	311.6	82.6	615.3	82.7
55 to 64	239.4	79.6	250.1	80.2	489.5	79.9
65 and over	236.1	72.1	279.2	74.0	515.2	73.1
REGION						
Capital city	1349.8	85.6	1322.2	81.6	2672.0	83.6
Rest of state	483.9	83.7	492.2	81.9	976.0	82.8
EMPLOYMENT STATUS						
Employed full time	1,084.5	88.3	507.9	85.2	1,592.5	87.3
Employed part time	261.5	90.6	619.6	87.3	881.1	88.3
Employed refused	*11.6	*64.7	*11.8	*84.2	23.3	73.3
Total employed	1,357.6	88.4	1,139.3	86.3	2,497.0	87.5
Unemployed	95.4	88.6	74.6	84.2	170.0	86.6
Not in the labour force	380.6	74.3	600.4	73.9	981.0	74.0
MARITAL STATUS						
Married	1,076.8	85.7	1,012.1	83.2	2,088.9	84.5
Not married	751.4	84.4	790.1	80.1	1,541.6	82.1
Refused/Do not know	*5.4	*59.4	*12.1	*68.7	17.5	65.5
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	504.3	88.5	545.2	81.3	1,049.5	84.6
At least one under 18 – none at home	36.9	76.2	*5.7	*86.6	42.6	77.4
No children under 18	1,291.4	84.1	1,262.6	81.8	2,554.0	83.0
Refused	**0.9	**100.0	**0.9	**61.8	**1.8	**77.2
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	635.8	90.2	643.9	89.7	1,279.7	89.9
Undergraduate diploma or associate diploma	139.5	90.3	142.2	84.5	281.7	87.3
Certificate, trade qualification or apprenticeship	208.6	85.0	168.3	80.6	376.9	83.0
Highest level of secondary school	363.9	85.7	353.5	78.4	717.5	82.0
Did not complete highest level of school	369.6	76.0	384.7	73.7	754.3	74.8
Never went to school	**0.0	**0.0	**0.4	**21.7	**0.4	**8.5
Still at secondary school	75.4	95.5	76.6	93.6	152.0	94.5
Other	35.0	74.4	38.4	65.9	73.4	69.7
Refused	*5.8	*55.3	*6.4	*55.8	*12.2	*55.6
LANGUAGE SPOKEN AT HOME						
English only	1,551.7	86.1	1,591.1	83.6	3,142.8	84.8
European language/s other than English	90.0	77.6	81.8	77.6	171.9	77.6
Non-European language/s	197.5	80.7	150.8	67.4	348.3	74.4
Total	1,833.7	85.1	1,814.3	81.7	3,648.0	83.4

(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 2010

(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 95: All Victorian persons — participation in any physical activity by frequency, age and sex, 2010 (a)

Sex	Age group (years)	None	Up to once per week (b)	One or two times per week (c)	Three or four times per week (d)	Five or more times per week	Do not know	Total
		Number ('000)						
Males	15 to 24	24.0	44.9	87.1	100.4	125.3	**2.0	383.7
	25 to 34	37.4	55.4	126.0	93.8	74.8	**0.0	387.5
	35 to 44	44.8	76.2	112.6	75.7	80.1	**0.0	389.4
	45 to 54	62.8	62.9	87.0	58.7	93.5	**1.6	366.6
	55 to 64	61.4	39.1	62.2	54.0	84.1	**0.0	300.8
	65 and over	91.2	22.4	62.4	53.0	97.4	**0.9	327.2
	TOTAL	321.6	301.0	537.2	435.7	555.2	*4.5	2,155.2
Females	15 to 24	49.4	47.7	98.3	82.2	90.0	**0.0	367.6
	25 to 34	66.1	41.7	81.9	89.2	106.8	**1.0	386.6
	35 to 44	65.5	40.6	84.8	99.6	109.3	**0.5	400.3
	45 to 54	65.7	34.9	74.9	87.0	114.1	**0.6	377.3
	55 to 64	61.9	24.9	52.2	67.1	105.0	**0.9	312.0
	65 and over	98.1	20.0	69.6	75.0	113.4	**1.2	377.2
	TOTAL	406.7	209.9	461.7	500.0	638.6	*4.2	2,221.0
Persons	15 to 24	73.4	92.6	185.4	182.6	215.4	**2.0	751.3
	25 to 34	103.5	97.1	207.9	183.0	181.6	**1.0	774.1
	35 to 44	110.3	116.8	197.4	175.3	189.5	**0.5	789.7
	45 to 54	128.5	97.9	162.0	145.7	207.6	**2.2	743.8
	55 to 64	123.3	64.0	114.4	121.1	189.1	**0.9	612.8
	65 and over	189.3	42.4	132.0	128.0	210.8	**2.1	704.5
	TOTAL	728.2	510.8	999.0	935.7	1,193.8	*8.7	4,376.2
Percentage of row (%)								
Males	15 to 24	6.2	11.7	22.7	26.2	32.7	**0.5	100.0
	25 to 34	9.7	14.3	32.5	24.2	19.3	**0.0	100.0
	35 to 44	11.5	19.6	28.9	19.4	20.6	**0.0	100.0
	45 to 54	17.1	17.2	23.7	16.0	25.5	**0.4	100.0
	55 to 64	20.4	13.0	20.7	18.0	28.0	**0.0	100.0
	65 and over	27.9	6.8	19.1	16.2	29.8	**0.3	100.0
	TOTAL	14.9	14.0	24.9	20.2	25.8	*0.2	100.0
Females	15 to 24	13.4	13.0	26.7	22.4	24.5	**0.0	100.0
	25 to 34	17.1	10.8	21.2	23.1	27.6	**0.3	100.0
	35 to 44	16.4	10.1	21.2	24.9	27.3	**0.1	100.0
	45 to 54	17.4	9.3	19.9	23.1	30.2	**0.2	100.0
	55 to 64	19.8	8.0	16.7	21.5	33.6	**0.3	100.0
	65 and over	26.0	5.3	18.5	19.9	30.1	**0.3	100.0
	TOTAL	18.3	9.4	20.8	22.5	28.8	*0.2	100.0
Persons	15 to 24	9.8	12.3	24.7	24.3	28.7	**0.3	100.0
	25 to 34	13.4	12.5	26.9	23.6	23.5	**0.1	100.0
	35 to 44	14.0	14.8	25.0	22.2	24.0	**0.1	100.0
	45 to 54	17.3	13.2	21.8	19.6	27.9	**0.3	100.0
	55 to 64	20.1	10.4	18.7	19.8	30.9	**0.1	100.0
	65 and over	26.9	6.0	18.7	18.2	29.9	**0.3	100.0
	TOTAL	16.6	11.7	22.8	21.4	27.3	*0.2	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

* 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 96: Victorian participants — participation in any physical activity by cumulative frequency, age and sex, 2010 (a) (b)

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	44.9	312.9	262.0	225.7	359.7
	25 to 34	55.4	294.6	225.0	168.6	350.0
	35 to 44	76.2	268.4	213.9	155.8	344.6
	45 to 54	62.9	239.2	188.9	152.2	303.8
	55 to 64	39.1	200.3	163.6	138.2	239.4
	65 and over	22.4	212.8	177.8	150.4	236.1
	TOTAL		301.0	1,528.2	1,231.2	990.9
Females	15 to 24	47.7	270.5	225.1	172.3	318.2
	25 to 34	41.7	277.8	238.6	196.0	320.5
	35 to 44	40.6	293.7	257.3	208.9	334.8
	45 to 54	34.9	276.0	240.5	201.1	311.6
	55 to 64	24.9	224.3	196.8	172.0	250.1
	65 and over	20.0	257.9	220.2	188.3	279.2
	TOTAL		209.9	1,600.3	1,378.5	1,138.6
Persons	15 to 24	92.6	583.4	487.1	398.0	678.0
	25 to 34	97.1	572.4	463.6	364.6	670.6
	35 to 44	116.8	562.1	471.3	364.8	679.4
	45 to 54	97.9	515.2	429.4	353.3	615.3
	55 to 64	64.0	424.6	360.3	310.2	489.5
	65 and over	42.4	470.7	398.0	338.7	515.2
	TOTAL		510.8	3,128.5	2,609.8	2,129.5

Total participation rate (%) (c)

Males	15 to 24	11.7	81.5	68.3	58.8	93.8
	25 to 34	14.3	76.0	58.1	43.5	90.3
	35 to 44	19.6	68.9	54.9	40.0	88.5
	45 to 54	17.2	65.3	51.5	41.5	82.9
	55 to 64	13.0	66.6	54.4	45.9	79.6
	65 and over	6.8	65.0	54.3	46.0	72.1
	TOTAL		14.0	70.9	57.1	46.0
Females	15 to 24	13.0	73.6	61.2	46.9	86.6
	25 to 34	10.8	71.9	61.7	50.7	82.9
	35 to 44	10.1	73.4	64.3	52.2	83.6
	45 to 54	9.3	73.2	63.8	53.3	82.6
	55 to 64	8.0	71.9	63.1	55.1	80.2
	65 and over	5.3	68.4	58.4	49.9	74.0
	TOTAL		9.4	72.1	62.1	51.3
Persons	15 to 24	12.3	77.6	64.8	53.0	90.2
	25 to 34	12.5	73.9	59.9	47.1	86.6
	35 to 44	14.8	71.2	59.7	46.2	86.0
	45 to 54	13.2	69.3	57.7	47.5	82.7
	55 to 64	10.4	69.3	58.8	50.6	79.9
	65 and over	6.0	66.8	56.5	48.1	73.1
	TOTAL		11.7	71.5	59.6	48.7

(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 2010

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 2.6 million Victorian persons engaged in physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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

Table 97: Victorian recent participants — recent participation in any physical activity by duration and age, 2010 (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	170.1	133.8	115.0	142.0	116.0	139.5	816.3
	Two or three sessions weekly	38.4	*10.9	24.6	16.8	17.7	26.6	134.9
	Less than two sessions weekly	**3.6	**3.6	*8.3	*4.4	*8.1	**3.7	31.7
	<i>Total</i>	212.1	148.3	147.9	163.2	141.8	169.7	983.0
Two hours or more but less than five hours	More than three sessions weekly	64.9	86.7	110.5	105.6	103.0	97.9	568.6
	Two or three sessions weekly	80.8	104.8	76.8	55.8	39.7	36.7	394.6
	Less than two sessions weekly	32.4	21.4	18.7	27.5	20.8	19.6	140.5
	<i>Total</i>	178.0	212.9	206.0	189.0	163.5	154.2	1,103.7
Less than two hours	More than three sessions weekly	*10.8	*6.1	*11.4	15.6	14.8	19.4	78.1
	Two or three sessions weekly	30.8	61.9	63.0	56.9	32.3	38.2	283.1
	Less than two sessions weekly	113.8	116.2	133.1	109.0	69.0	75.3	616.3
	<i>Total</i>	155.3	184.3	207.5	181.5	116.1	132.9	977.5
Total	More than three sessions weekly	245.8	226.6	237.0	263.2	233.8	256.7	1,463.0
	Two or three sessions weekly	150.0	177.6	164.4	129.5	89.7	101.5	812.7
	Less than two sessions weekly	149.7	141.3	160.0	140.9	97.9	98.6	788.5
	Total	545.4	545.5	561.3	533.6	421.4	456.9	3,064.2
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	5.6	4.4	3.8	4.6	3.8	4.6	26.6
	Two or three sessions weekly	1.3	*0.4	0.8	0.5	0.6	0.9	4.4
	Less than two sessions weekly	**0.1	**0.1	*0.3	*0.1	*0.3	**0.1	1.0
	<i>Total</i>	6.9	4.8	4.8	5.3	4.6	5.5	32.1
Two hours or more but less than five hours	More than three sessions weekly	2.1	2.8	3.6	3.4	3.4	3.2	18.6
	Two or three sessions weekly	2.6	3.4	2.5	1.8	1.3	1.2	12.9
	Less than two sessions weekly	1.1	0.7	0.6	0.9	0.7	0.6	4.6
	<i>Total</i>	5.8	6.9	6.7	6.2	5.3	5.0	36.0
Less than two hours	More than three sessions weekly	*0.4	*0.2	*0.4	0.5	0.5	0.6	2.5
	Two or three sessions weekly	1.0	2.0	2.1	1.9	1.1	1.2	9.2
	Less than two sessions weekly	3.7	3.8	4.3	3.6	2.3	2.5	20.1
	<i>Total</i>	5.1	6.0	6.8	5.9	3.8	4.3	31.9
Total	More than three sessions weekly	8.0	7.4	7.7	8.6	7.6	8.4	47.7
	Two or three sessions weekly	4.9	5.8	5.4	4.2	2.9	3.3	26.5
	Less than two sessions weekly	4.9	4.6	5.2	4.6	3.2	3.2	25.7
	Total	17.8	17.8	18.3	17.4	13.8	14.9	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 2010

* 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 98: Victorian regular participants — regular participation in any physical activity (organised and non-organised) by demographics, 2010 (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	225.7	58.8	172.3	46.9	398.0	53.0
25 to 34	168.6	43.5	196.0	50.7	364.6	47.1
35 to 44	155.8	40.0	208.9	52.2	364.8	46.2
45 to 54	152.2	41.5	201.1	53.3	353.3	47.5
55 to 64	138.2	45.9	172.0	55.1	310.2	50.6
65 and over	150.4	46.0	188.3	49.9	338.7	48.1
REGION						
Capital city	728.4	46.2	845.1	52.2	1,573.5	49.2
Rest of state	262.5	45.4	293.5	48.8	556.0	47.2
EMPLOYMENT STATUS						
Employed full time	538.7	43.8	321.6	53.9	860.2	47.1
Employed part time	156.7	54.3	395.5	55.7	552.1	55.3
Employed refused	*5.2	*29.1	*8.6	*61.8	*13.8	*43.4
Total employed	700.5	45.6	725.7	55.0	1,426.2	50.0
Unemployed	50.2	46.7	36.1	40.7	86.3	44.0
Not in the labour force	240.2	46.9	376.8	46.4	617.0	46.6
MARITAL STATUS						
Married	531.4	42.3	638.9	52.5	1,170.2	47.3
Not married	455.3	51.2	492.0	49.9	947.4	50.5
Refused/Do not know	*4.3	*46.8	*7.7	*43.6	*11.9	*44.7
CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD						
At least one under 18 at home	205.5	36.1	322.8	48.2	528.3	42.6
At least one under 18 — none at home	20.3	41.9	**2.7	**41.5	23.1	41.9
No children under 18	765.1	49.8	812.2	52.6	1,577.3	51.2
Refused	**0.0	**0.0	**0.9	**61.8	**0.9	**37.0
HIGHEST EDUCATION ATTAINMENT						
University degree or higher (including postgraduate diploma)	345.8	49.0	414.6	57.7	760.4	53.4
Undergraduate diploma or associate diploma	73.2	47.4	91.7	54.5	165.0	51.1
Certificate, trade qualification or apprenticeship	114.1	46.5	113.4	54.3	227.5	50.1
Highest level of secondary school	193.2	45.5	221.7	49.2	414.9	47.4
Did not complete highest level of school	200.3	41.2	230.3	44.1	430.6	42.7
Never went to school	**0.0	**0.0	**0.4	**21.7	**0.4	**8.5
Still at secondary school	38.8	49.2	31.9	39.0	70.7	44.0
Other	22.1	47.0	29.0	49.8	51.2	48.6
Refused	**3.4	**32.7	*5.5	*48.2	*8.9	*40.7
LANGUAGE SPOKEN AT HOME						
English only	849.6	47.1	1,008.2	53.0	1,857.8	50.1
European language/s other than English	48.7	41.9	55.7	52.9	104.4	47.1
Non-European language/s	95.2	38.9	80.9	36.1	176.1	37.6
Total	990.9	46.0	1,138.6	51.3	2,129.5	48.7

(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 2010

(b) For any group, the regular 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 99: All Victorian persons — participation in organised physical activity by frequency, age and sex, 2010 (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	129.9	48.1	81.9	68.8	54.0	**1.0	383.7
	25 to 34	201.8	54.1	86.9	28.6	16.1	**0.0	387.5
	35 to 44	208.7	76.6	70.8	17.8	15.4	**0.0	389.4
	45 to 54	234.1	51.5	51.6	17.2	*12.1	**0.0	366.6
	55 to 64	204.0	36.1	41.4	*14.6	*4.6	**0.0	300.8
	65 and over	222.5	23.9	48.6	22.5	*9.2	**0.5	327.2
	TOTAL	1,201.1	290.4	381.2	169.6	111.5	**1.5	2,155.2
Females	15 to 24	164.6	48.1	81.9	44.7	27.4	**1.1	367.6
	25 to 34	235.3	40.3	72.0	27.1	*11.0	**1.0	386.6
	35 to 44	248.2	50.0	56.0	32.2	*13.5	**0.5	400.3
	45 to 54	265.4	35.9	37.7	27.9	*10.4	**0.0	377.3
	55 to 64	222.9	21.3	37.8	20.9	*9.1	**0.0	312.0
	65 and over	247.6	34.4	58.6	23.7	*12.4	**0.4	377.2
	TOTAL	1,384.0	229.9	344.0	176.4	83.8	**3.0	2,221.0
Persons	15 to 24	294.5	96.2	163.7	113.5	81.4	**2.1	751.3
	25 to 34	437.1	94.4	158.8	55.7	27.1	**1.0	774.1
	35 to 44	456.9	126.6	126.9	50.0	28.9	**0.5	789.7
	45 to 54	499.6	87.4	89.3	45.1	22.5	**0.0	743.8
	55 to 64	426.9	57.5	79.2	35.5	*13.7	**0.0	612.8
	65 and over	470.2	58.4	107.2	46.2	21.6	**0.9	704.5
	TOTAL	2,585.1	520.3	725.1	346.0	195.2	*4.5	4,376.2

Percentage of row (%)

Males	15 to 24	33.9	12.5	21.3	17.9	14.1	**0.3	100.0
	25 to 34	52.1	14.0	22.4	7.4	4.2	**0.0	100.0
	35 to 44	53.6	19.7	18.2	4.6	4.0	**0.0	100.0
	45 to 54	63.9	14.1	14.1	4.7	*3.3	**0.0	100.0
	55 to 64	67.8	12.0	13.8	*4.9	*1.5	**0.0	100.0
	65 and over	68.0	7.3	14.9	6.9	*2.8	**0.1	100.0
	TOTAL	55.7	13.5	17.7	7.9	5.2	**0.1	100.0
Females	15 to 24	44.8	13.1	22.3	12.1	7.4	**0.3	100.0
	25 to 34	60.9	10.4	18.6	7.0	*2.8	**0.3	100.0
	35 to 44	62.0	12.5	14.0	8.0	*3.4	**0.1	100.0
	45 to 54	70.4	9.5	10.0	7.4	*2.7	**0.0	100.0
	55 to 64	71.4	6.8	12.1	6.7	*2.9	**0.0	100.0
	65 and over	65.6	9.1	15.5	6.3	*3.3	**0.1	100.0
	TOTAL	62.3	10.4	15.5	7.9	3.8	**0.1	100.0
Persons	15 to 24	39.2	12.8	21.8	15.1	10.8	**0.3	100.0
	25 to 34	56.5	12.2	20.5	7.2	3.5	**0.1	100.0
	35 to 44	57.9	16.0	16.1	6.3	3.7	**0.1	100.0
	45 to 54	67.2	11.7	12.0	6.1	3.0	**0.0	100.0
	55 to 64	69.7	9.4	12.9	5.8	*2.2	**0.0	100.0
	65 and over	66.7	8.3	15.2	6.6	3.1	**0.1	100.0
	TOTAL	59.1	11.9	16.6	7.9	4.5	*0.1	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

* 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 100: Victorian organised participants — participation in organised physical activity by cumulative frequency, age and sex, 2010 (a) (b)

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	48.1	204.7	157.2	122.8	253.8
	25 to 34	54.1	131.6	78.3	44.7	185.7
	35 to 44	76.6	104.1	61.8	33.2	180.7
	45 to 54	51.5	80.9	55.8	29.4	132.5
	55 to 64	36.1	60.7	36.1	19.2	96.8
	65 and over	23.9	80.3	55.8	31.7	104.7
	TOTAL		290.4	662.2	445.0	281.1
Females	15 to 24	48.1	153.9	109.0	72.0	203.1
	25 to 34	40.3	110.0	69.7	38.1	151.3
	35 to 44	50.0	101.7	66.1	45.7	152.2
	45 to 54	35.9	75.9	57.7	38.2	111.8
	55 to 64	21.3	67.8	50.9	30.0	89.1
	65 and over	34.4	94.7	61.7	36.1	129.6
	TOTAL		229.9	604.1	415.0	260.1
Persons	15 to 24	96.2	358.6	266.2	194.9	456.9
	25 to 34	94.4	241.6	148.0	82.8	337.0
	35 to 44	126.6	205.8	127.9	78.9	332.9
	45 to 54	87.4	156.9	113.4	67.6	244.3
	55 to 64	57.5	128.4	87.0	49.2	185.9
	65 and over	58.4	175.0	117.5	67.8	234.3
	TOTAL		520.3	1,266.3	860.0	541.2

Total participation rate (%) (c)

Males	15 to 24	12.5	53.3	41.0	32.0	66.1
	25 to 34	14.0	34.0	20.2	11.5	47.9
	35 to 44	19.7	26.7	15.9	8.5	46.4
	45 to 54	14.1	22.1	15.2	8.0	36.1
	55 to 64	12.0	20.2	12.0	6.4	32.2
	65 and over	7.3	24.5	17.1	9.7	32.0
	TOTAL		13.5	30.7	20.6	13.0
Females	15 to 24	13.1	41.9	29.7	19.6	55.2
	25 to 34	10.4	28.5	18.0	9.9	39.1
	35 to 44	12.5	25.4	16.5	11.4	38.0
	45 to 54	9.5	20.1	15.3	10.1	29.6
	55 to 64	6.8	21.7	16.3	9.6	28.6
	65 and over	9.1	25.1	16.4	9.6	34.4
	TOTAL		10.4	27.2	18.7	11.7
Persons	15 to 24	12.8	47.7	35.4	25.9	60.8
	25 to 34	12.2	31.2	19.1	10.7	43.5
	35 to 44	16.0	26.1	16.2	10.0	42.1
	45 to 54	11.7	21.1	15.2	9.1	32.8
	55 to 64	9.4	21.0	14.2	8.0	30.3
	65 and over	8.3	24.8	16.7	9.6	33.3
	TOTAL		11.9	28.9	19.7	12.4

(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 2010

(b) Cumulative frequency should be interpreted as the total number of persons who engaged in the activity with **at least** that frequency (for example, 860,000 Victorian persons engaged in organised physical activity at least twice per week, which is a combination of those who engaged twice, three times, four times and five times per week or more)

(c) 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

Table 101: Victorian organised participants — total participation in organised activities by type of organisation, age and sex, 2010 (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	103.0	193.8	*7.7	66.3	28.8	253.8
	25 to 34	97.2	135.4	16.2	*7.7	19.5	185.7
	35 to 44	62.4	123.0	15.4	**3.4	30.8	180.7
	45 to 54	35.5	102.9	**3.1	**1.2	16.8	132.5
	55 to 64	22.2	70.1	*5.7	**1.7	21.8	96.8
	65 and over	27.0	77.7	**1.0	**0.0	24.4	104.7
	TOTAL		347.2	702.9	49.1	80.3	142.1
Females	15 to 24	101.5	127.9	*7.6	71.4	30.8	203.1
	25 to 34	89.1	71.6	*5.5	**2.7	38.0	151.3
	35 to 44	84.5	67.4	*9.5	*4.5	39.9	152.2
	45 to 54	58.7	54.8	**2.1	**1.9	26.0	111.8
	55 to 64	39.9	40.5	*4.7	**1.4	27.4	89.1
	65 and over	48.2	52.6	**0.3	**0.8	60.0	129.6
	TOTAL		422.0	414.8	29.6	82.6	222.1
Persons	15 to 24	204.5	321.7	15.3	137.7	59.5	456.9
	25 to 34	186.3	207.0	21.6	*10.4	57.6	337.0
	35 to 44	146.9	190.3	24.9	*7.9	70.8	332.9
	45 to 54	94.2	157.7	*5.2	**3.1	42.9	244.3
	55 to 64	62.1	110.6	*10.4	**3.1	49.2	185.9
	65 and over	75.2	130.4	**1.2	**0.8	84.3	234.3
	TOTAL		769.3	1,117.7	78.6	163.0	364.2

Total participation rate (%) (b)

Males	15 to 24	26.8	50.5	*2.0	17.3	7.5	66.1
	25 to 34	25.1	35.0	4.2	*2.0	5.0	47.9
	35 to 44	16.0	31.6	4.0	**0.9	7.9	46.4
	45 to 54	9.7	28.1	**0.8	**0.3	4.6	36.1
	55 to 64	7.4	23.3	*1.9	**0.6	7.2	32.2
	65 and over	8.2	23.8	**0.3	**0.0	7.4	32.0
	TOTAL		16.1	32.6	2.3	3.7	6.6
Females	15 to 24	27.6	34.8	*2.1	19.4	8.4	55.2
	25 to 34	23.1	18.5	*1.4	**0.7	9.8	39.1
	35 to 44	21.1	16.8	*2.4	*1.1	10.0	38.0
	45 to 54	15.6	14.5	**0.5	**0.5	6.9	29.6
	55 to 64	12.8	13.0	*1.5	**0.4	8.8	28.6
	65 and over	12.8	13.9	**0.1	**0.2	15.9	34.4
	TOTAL		19.0	18.7	1.3	3.7	10.0
Persons	15 to 24	27.2	42.8	2.0	18.3	7.9	60.8
	25 to 34	24.1	26.7	2.8	*1.3	7.4	43.5
	35 to 44	18.6	24.1	3.2	*1.0	9.0	42.1
	45 to 54	12.7	21.2	*0.7	**0.4	5.8	32.8
	55 to 64	10.1	18.0	*1.7	**0.5	8.0	30.3
	65 and over	10.7	18.5	**0.2	**0.1	12.0	33.3
	TOTAL		17.6	25.5	1.8	3.7	8.3

(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 2010

(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 102: Victorian participants — total participation in specific activities (organised and non-organised) by sex, 2010 (a)

Activity	MALES		FEMALES		PERSONS	
	Number (’000)	Total participation rate (b) (%)	Number (’000)	Total participation rate (%)	Number (’000)	Total participation rate (%)
Aerobics/fitness	417.3	19.4	662.6	29.8	1,079.9	24.7
Aquarobics	*7.8	*0.4	40.6	1.8	48.4	1.1
Athletics/track and field	*11.6	*0.5	*11.6	*0.5	23.3	0.5
Australian rules football	220.5	10.2	14.9	0.7	235.3	5.4
Badminton	36.9	1.7	24.7	1.1	61.6	1.4
Baseball	*5.4	*0.2	**1.7	**0.1	*7.1	*0.2
Basketball	143.4	6.7	67.0	3.0	210.5	4.8
Billiards/snooker/pool	**2.2	*0.1	**2.6	**0.1	*4.8	*0.1
Boxing	27.4	1.3	20.3	0.9	47.7	1.1
Canoeing/kayaking	20.8	1.0	*14.6	*0.7	35.4	0.8
Carpet bowls	**1.9	*0.1	**3.5	**0.2	*5.3	*0.1
Cricket (indoor)	30.8	1.4	*4.4	*0.2	35.1	0.8
Cricket (outdoor)	142.1	6.6	*12.5	*0.6	154.6	3.5
Cycling	364.7	16.9	190.5	8.6	555.2	12.7
Dancing	*13.7	*0.6	78.8	3.5	92.6	2.1
Darts	**2.2	*0.1	**0.4	**0.0	**2.6	**0.1
Fishing	65.8	3.1	**2.2	**0.1	68.0	1.6
Golf	262.4	12.2	56.6	2.5	319.0	7.3
Gymnastics	*5.9	*0.3	*4.7	*0.2	*10.5	*0.2
Hockey (indoor)	**3.2	*0.1	**1.4	**0.1	*4.6	*0.1
Hockey (outdoor)	17.8	0.8	*11.8	*0.5	29.6	0.7
Horse riding/equestrian activities/polocrosse	*5.0	*0.2	30.9	1.4	35.9	0.8
Ice/snow sports	40.4	1.9	31.7	1.4	72.1	1.6
Lawn bowls	55.5	2.6	22.2	1.0	77.6	1.8
Martial arts	46.3	2.1	37.6	1.7	83.9	1.9
Motor sports	47.6	2.2	*5.7	*0.3	53.3	1.2
Netball	18.6	0.9	149.4	6.7	168.0	3.8
Orienteering	17.0	0.8	*6.3	*0.3	23.3	0.5
Rock climbing	*12.7	*0.6	**2.6	**0.1	15.3	0.4
Roller sports	15.1	0.7	*5.3	*0.2	20.5	0.5
Rowing	*4.7	*0.2	*12.6	*0.6	17.4	0.4
Rugby league	*10.9	*0.5	**0.5	**0.0	*11.4	*0.3
Rugby union	**1.2	*0.1	**1.4	**0.1	**2.6	**0.1
Running	321.9	14.9	234.3	10.5	556.2	12.7
Sailing	24.8	1.2	*5.0	*0.2	29.8	0.7
Scuba diving	*13.7	*0.6	*7.3	*0.3	21.0	0.5
Shooting sports	24.4	1.1	**0.0	**0.0	24.4	0.6
Football (indoor)	96.5	4.5	18.9	0.9	115.4	2.6
Football (outdoor)	113.5	5.3	41.5	1.9	155.0	3.5
Softball	**1.3	*0.1	*8.7	*0.4	*10.0	*0.2
Squash/racquet ball	31.8	1.5	*5.1	*0.2	36.9	0.8
Surf sports	39.2	1.8	15.4	0.7	54.6	1.2
Swimming	271.6	12.6	318.8	14.4	590.4	13.5
Table tennis	30.8	1.4	**2.6	**0.1	33.4	0.8
Tennis	160.2	7.4	137.6	6.2	297.8	6.8
Tenpin bowling	*14.0	*0.6	*14.2	*0.6	28.2	0.6
Touch football	*10.5	*0.5	*5.7	*0.3	16.2	0.4
Triathlon	*7.9	*0.4	*4.2	*0.2	*12.0	*0.3
Volleyball	27.5	1.3	23.5	1.1	51.0	1.2
Walking (bush)	106.8	5.0	93.5	4.2	200.3	4.6
Walking (other)	577.4	26.8	1,023.9	46.1	1,601.3	36.6
Water polo	**2.9	*0.1	**0.6	**0.0	**3.4	**0.1
Waterskiing/powerboating	18.3	0.9	*14.2	*0.6	32.5	0.7
Weight training	62.8	2.9	40.8	1.8	103.6	2.4
Yoga	22.5	1.0	163.7	7.4	186.3	4.3

(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 2010

(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 103: Victorian participants — total participation in specific activities by type of activity, 2010 (a)

Activity	Number ('000)			Total participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Aerobics/fitness	357.4	793.3	1,079.9	8.2	18.1	24.7
Aquarobics	32.0	18.0	48.4	0.7	0.4	1.1
Athletics/track and field	15.1	*9.9	23.3	0.3	*0.2	0.5
Australian rules football	178.2	73.5	235.3	4.1	1.7	5.4
Badminton	27.0	39.1	61.6	0.6	0.9	1.4
Baseball	*6.4	**2.4	*7.1	*0.1	**0.1	*0.2
Basketball	147.9	79.2	210.5	3.4	1.8	4.8
Billiards/snooker/pool	**1.7	**3.0	*4.8	**0.0	**0.1	*0.1
Boxing	21.8	26.6	47.7	0.5	0.6	1.1
Canoeing/kayaking	*11.4	25.7	35.4	*0.3	0.6	0.8
Carpet bowls	*5.3	**0.0	*5.3	*0.1	**0.0	*0.1
Cricket (indoor)	19.4	16.4	35.1	0.4	0.4	0.8
Cricket (outdoor)	112.5	45.8	154.6	2.6	1.0	3.5
Cycling	68.7	527.7	555.2	1.6	12.1	12.7
Dancing	69.1	28.9	92.6	1.6	0.7	2.1
Darts	**1.2	**1.3	**2.6	**0.0	**0.0	**0.1
Fishing	*8.9	66.0	68.0	*0.2	1.5	1.6
Golf	156.9	211.2	319.0	3.6	4.8	7.3
Gymnastics	**2.7	*7.8	*10.5	**0.1	*0.2	*0.2
Hockey (indoor)	*4.6	**0.4	*4.6	*0.1	**0.0	*0.1
Hockey (outdoor)	28.3	**2.4	29.6	0.6	**0.1	0.7
Horse riding/equestrian activities/polocrosse	18.4	31.6	35.9	0.4	0.7	0.8
Ice/snow sports	*10.2	68.1	72.1	*0.2	1.6	1.6
Lawn bowls	72.4	16.3	77.6	1.7	0.4	1.8
Martial arts	74.4	17.4	83.9	1.7	0.4	1.9
Motor sports	20.0	42.4	53.3	0.5	1.0	1.2
Netball	146.1	38.4	168.0	3.3	0.9	3.8
Orienteering	*10.0	18.5	23.3	*0.2	0.4	0.5
Rock climbing	*3.9	*12.3	15.3	*0.1	*0.3	0.4
Roller sports	**2.8	18.6	20.5	**0.1	0.4	0.5
Rowing	14.7	*3.8	17.4	0.3	*0.1	0.4
Rugby league	*7.9	*4.7	*11.4	*0.2	*0.1	*0.3
Rugby union	**2.6	**1.2	**2.6	**0.1	**0.0	**0.1
Running	82.3	513.8	556.2	1.9	11.7	12.7
Sailing	21.4	*13.5	29.8	0.5	*0.3	0.7
Scuba diving	*13.3	*12.7	21.0	*0.3	*0.3	0.5
Shooting sports	*10.0	17.0	24.4	*0.2	0.4	0.6
Football (indoor)	68.1	61.7	115.4	1.6	1.4	2.6
Football (outdoor)	95.6	74.2	155.0	2.2	1.7	3.5
Softball	*10.0	**1.3	*10.0	*0.2	**0.0	*0.2
Squash/racquet ball	*8.5	29.2	36.9	*0.2	0.7	0.8
Surf sports	*8.6	49.8	54.6	*0.2	1.1	1.2
Swimming	64.2	551.2	590.4	1.5	12.6	13.5
Table tennis	19.0	17.8	33.4	0.4	0.4	0.8
Tennis	146.9	186.2	297.8	3.4	4.3	6.8
Tenpin bowling	*11.4	18.8	28.2	*0.3	0.4	0.6
Touch football	*13.8	**3.6	16.2	*0.3	**0.1	0.4
Triathlon	*9.7	*4.1	*12.0	*0.2	*0.1	*0.3
Volleyball	36.3	17.1	51.0	0.8	0.4	1.2
Walking (bush)	29.2	177.9	200.3	0.7	4.1	4.6
Walking (other)	77.8	1,568.6	1,601.3	1.8	35.8	36.6
Water polo	**3.4	**0.0	**3.4	**0.1	**0.0	**0.1
Waterskiing/powerboating	**1.9	31.5	32.5	**0.0	0.7	0.7
Weight training	23.0	87.1	103.6	0.5	2.0	2.4
Yoga	103.7	98.3	186.3	2.4	2.2	4.3

(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 2010

(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