



Australian Government  
Australian Sports Commission

# Participation in Exercise, Recreation and Sport



## Annual Report 2010

State and Territory Tables for New South Wales



Communities  
Sport & Recreation



Government of Western Australia  
Department of Sport and Recreation



Government of South Australia  
Office for Recreation and Sport



Queensland  
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SUPPORTED BY



### 9.3.2 New South Wales

**Table 38: New South Wales participants — total participation in physical activity by type of participation, age and sex, 2010 (a)**

Sex	Age group (years)	Organised only (c)	Non-organised only (d)	Both organised and non-organised (e)	Total organised	Total non-organised	Total participation
		(A)	(B)	(C)	(A + C)	(B + C)	(A + B + C)
		Number ('000)					
Males	15 to 24	123.7	112.4	197.9	321.6	310.4	434.0
	25 to 34	73.5	178.2	155.4	228.9	333.6	407.1
	35 to 44	67.0	221.3	127.6	194.5	348.9	415.8
	45 to 54	*33.7	242.4	119.2	152.9	361.6	395.3
	55 to 64	*38.5	175.9	100.5	139.0	276.4	314.9
	65 and over	*36.2	192.3	105.8	141.9	298.1	334.3
	<b>TOTAL</b>		<b>372.5</b>	<b>1,122.5</b>	<b>806.5</b>	<b>1,178.9</b>	<b>1,929.0</b>
Females	15 to 24	106.2	91.0	197.2	303.4	288.1	394.3
	25 to 34	51.6	246.4	127.7	179.3	374.0	425.6
	35 to 44	42.3	230.9	136.4	178.7	367.3	409.6
	45 to 54	*19.3	274.5	104.8	124.1	379.3	398.7
	55 to 64	*25.2	219.7	68.5	93.6	288.1	313.3
	65 and over	54.2	190.2	113.4	167.6	303.5	357.8
	<b>TOTAL</b>		<b>298.8</b>	<b>1,252.6</b>	<b>747.8</b>	<b>1,046.7</b>	<b>2,000.5</b>
Persons	15 to 24	229.9	203.4	395.1	625.0	598.5	828.4
	25 to 34	125.1	424.5	283.1	408.2	707.6	832.7
	35 to 44	109.3	452.2	263.9	373.2	716.2	825.4
	45 to 54	53.0	516.9	224.0	277.0	740.9	793.9
	55 to 64	63.7	395.6	169.0	232.7	564.6	628.2
	65 and over	90.4	382.5	219.1	309.5	601.6	692.0
	<b>TOTAL</b>		<b>671.3</b>	<b>2,375.1</b>	<b>1,554.3</b>	<b>2,225.6</b>	<b>3,929.4</b>
		Total participation rate (%) (b)					
Males	15 to 24	25.5	23.2	40.9	66.4	64.1	89.6
	25 to 34	15.0	36.3	31.6	46.6	67.9	82.8
	35 to 44	13.7	45.3	26.1	39.8	71.4	85.1
	45 to 54	*7.0	50.2	24.7	31.7	74.9	81.9
	55 to 64	*9.6	43.7	25.0	34.6	68.7	78.3
	65 and over	*8.2	43.6	24.0	32.2	67.6	75.8
	<b>TOTAL</b>		<b>13.3</b>	<b>40.2</b>	<b>28.9</b>	<b>42.3</b>	<b>69.1</b>
Females	15 to 24	22.7	19.4	42.1	64.7	61.5	84.2
	25 to 34	10.4	49.5	25.6	36.0	75.1	85.5
	35 to 44	8.4	46.0	27.2	35.6	73.2	81.7
	45 to 54	*3.9	55.4	21.1	25.0	76.5	80.4
	55 to 64	*6.1	53.5	16.7	22.8	70.1	76.3
	65 and over	10.7	37.5	22.3	33.0	59.8	70.5
	<b>TOTAL</b>		<b>10.4</b>	<b>43.5</b>	<b>25.9</b>	<b>36.3</b>	<b>69.4</b>
Persons	15 to 24	24.1	21.3	41.5	65.6	62.8	86.9
	25 to 34	12.6	42.9	28.6	41.3	71.5	84.2
	35 to 44	11.0	45.7	26.7	37.7	72.3	83.4
	45 to 54	5.4	52.8	22.9	28.3	75.7	81.2
	55 to 64	7.8	48.7	20.8	28.6	69.4	77.3
	65 and over	9.5	40.3	23.1	32.6	63.4	72.9
	<b>TOTAL</b>		<b>11.8</b>	<b>41.9</b>	<b>27.4</b>	<b>39.2</b>	<b>69.3</b>

(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

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

**Table 39: New South Wales 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 (%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	434.0	89.6	394.3	84.2	828.4	86.9
25 to 34	407.1	82.8	425.6	85.5	832.7	84.2
35 to 44	415.8	85.1	409.6	81.7	825.4	83.4
45 to 54	395.3	81.9	398.7	80.4	793.9	81.2
55 to 64	314.9	78.3	313.3	76.3	628.2	77.3
65 and over	334.3	75.8	357.8	70.5	692.0	72.9
<b>REGION</b>						
Capital city	1,456.1	82.4	1,471.1	80.1	2,927.2	81.2
Rest of state	845.3	82.6	828.2	79.2	1,673.5	80.9
<b>EMPLOYMENT STATUS</b>						
Employed full time	1,341.1	84.9	712.2	86.8	2,053.3	85.6
Employed part time	289.2	82.2	647.4	85.9	936.5	84.7
Employed refused	*17.6	*90.9	*20.4	*66.3	*38.0	*75.8
Total employed	1,647.9	84.5	1,380.0	86.0	3,027.9	85.2
Unemployed	85.6	68.4	125.6	74.3	211.2	71.8
Not in the labour force	567.9	79.5	793.8	71.6	1,361.7	74.7
<b>MARITAL STATUS</b>						
Married	1,348.2	81.7	1,364.4	80.7	2,712.6	81.2
Not married	943.3	83.5	923.1	78.6	1,866.4	81.0
Refused/Do not know	**10.0	**100.0	*11.7	*74.9	*21.7	*84.7
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	667.7	83.4	821.3	82.3	1,489.0	82.8
At least one under 18 – none at home	63.1	84.7	*13.0	*100.0	76.1	87.0
No children under 18	1,570.6	82.0	1,465.0	78.3	3,035.6	80.2
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	692.8	86.4	699.9	89.4	1,392.7	87.9
Undergraduate diploma or associate diploma	184.8	88.0	171.1	79.0	355.9	83.4
Certificate, trade qualification or apprenticeship	363.7	84.0	318.5	88.6	682.2	86.1
Highest level of secondary school	437.7	82.5	435.6	79.1	873.3	80.8
Did not complete highest level of school	461.1	73.2	520.6	67.9	981.7	70.3
Never went to school	**0.0	**0.0	**5.3	**100.0	**5.3	**75.0
Still at secondary school	128.2	91.7	121.0	86.8	249.3	89.2
Other	*26.6	*71.9	*21.9	*45.8	48.5	57.1
Refused	**6.5	**100.0	**5.3	**43.1	*11.8	*62.8
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	1,984.1	84.4	2,031.1	81.9	4,015.3	83.1
European language/s other than English	92.3	74.4	100.2	76.1	192.6	75.3
Non-European language/s	233.9	70.9	179.2	62.8	413.2	67.1
<b>Total</b>	<b>2,301.4</b>	<b>82.5</b>	<b>2,299.3</b>	<b>79.8</b>	<b>4,600.7</b>	<b>81.1</b>

(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 40: All New South Wales 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	50.4	67.2	139.4	94.1	133.3	**0.0	484.4
	25 to 34	84.3	131.7	89.4	72.9	113.1	**0.0	491.4
	35 to 44	72.6	108.4	117.7	88.7	101.1	**0.0	488.4
	45 to 54	87.3	69.1	114.6	95.5	113.1	**2.9	482.6
	55 to 64	87.3	63.9	93.1	45.8	112.1	**0.0	402.3
	65 and over	106.9	45.9	81.4	73.0	134.0	**0.0	441.2
	<b>TOTAL</b>	<b>488.8</b>	<b>486.2</b>	<b>635.6</b>	<b>470.0</b>	<b>706.7</b>	<b>**2.9</b>	<b>2,790.2</b>
Females	15 to 24	74.2	58.2	107.8	101.1	127.3	**0.0	468.5
	25 to 34	72.2	96.2	96.6	119.9	112.9	**0.0	497.8
	35 to 44	92.0	57.3	107.8	102.4	142.0	**0.0	501.6
	45 to 54	97.1	50.9	81.8	112.1	151.4	**2.4	495.7
	55 to 64	97.4	*23.4	75.4	75.3	139.2	**0.0	410.7
	65 and over	149.7	42.6	87.6	74.3	153.2	**0.0	507.5
	<b>TOTAL</b>	<b>582.6</b>	<b>328.7</b>	<b>557.0</b>	<b>585.1</b>	<b>826.1</b>	<b>**2.4</b>	<b>2,881.9</b>
Persons	15 to 24	124.6	125.3	247.2	195.2	260.6	**0.0	953.0
	25 to 34	156.4	227.9	186.0	192.8	226.0	**0.0	989.2
	35 to 44	164.6	165.7	225.5	191.1	243.2	**0.0	990.0
	45 to 54	184.4	120.1	196.4	207.6	264.5	**5.3	978.3
	55 to 64	184.8	87.3	168.6	121.1	251.3	**0.0	813.0
	65 and over	256.7	88.5	169.0	147.3	287.2	**0.0	948.7
	<b>TOTAL</b>	<b>1,071.4</b>	<b>814.9</b>	<b>1,192.6</b>	<b>1,055.1</b>	<b>1,532.8</b>	<b>**5.3</b>	<b>5,672.1</b>
Percentage of row (%)								
Males	15 to 24	10.4	13.9	28.8	19.4	27.5	**0.0	100.0
	25 to 34	17.2	26.8	18.2	14.8	23.0	**0.0	100.0
	35 to 44	14.9	22.2	24.1	18.2	20.7	**0.0	100.0
	45 to 54	18.1	14.3	23.7	19.8	23.4	**0.6	100.0
	55 to 64	21.7	15.9	23.2	11.4	27.9	**0.0	100.0
	65 and over	24.2	10.4	18.5	16.5	30.4	**0.0	100.0
	<b>TOTAL</b>	<b>17.5</b>	<b>17.4</b>	<b>22.8</b>	<b>16.8</b>	<b>25.3</b>	<b>**0.1</b>	<b>100.0</b>
Females	15 to 24	15.8	12.4	23.0	21.6	27.2	**0.0	100.0
	25 to 34	14.5	19.3	19.4	24.1	22.7	**0.0	100.0
	35 to 44	18.3	11.4	21.5	20.4	28.3	**0.0	100.0
	45 to 54	19.6	10.3	16.5	22.6	30.5	**0.5	100.0
	55 to 64	23.7	*5.7	18.4	18.3	33.9	**0.0	100.0
	65 and over	29.5	8.4	17.3	14.6	30.2	**0.0	100.0
	<b>TOTAL</b>	<b>20.2</b>	<b>11.4</b>	<b>19.3</b>	<b>20.3</b>	<b>28.7</b>	<b>**0.1</b>	<b>100.0</b>
Persons	15 to 24	13.1	13.2	25.9	20.5	27.3	**0.0	100.0
	25 to 34	15.8	23.0	18.8	19.5	22.8	**0.0	100.0
	35 to 44	16.6	16.7	22.8	19.3	24.6	**0.0	100.0
	45 to 54	18.8	12.3	20.1	21.2	27.0	**0.5	100.0
	55 to 64	22.7	10.7	20.7	14.9	30.9	**0.0	100.0
	65 and over	27.1	9.3	17.8	15.5	30.3	**0.0	100.0
	<b>TOTAL</b>	<b>18.9</b>	<b>14.4</b>	<b>21.0</b>	<b>18.6</b>	<b>27.0</b>	<b>**0.1</b>	<b>100.0</b>

(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 41: New South Wales 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	67.2	366.9	271.7	227.4	434.0
	25 to 34	131.7	275.4	215.4	186.0	407.1
	35 to 44	108.4	307.5	247.1	189.8	415.8
	45 to 54	69.1	323.2	273.7	208.6	395.3
	55 to 64	63.9	251.0	194.6	157.9	314.9
	65 and over	45.9	288.3	259.1	206.9	334.3
	<b>TOTAL</b>		<b>486.2</b>	<b>1,812.3</b>	<b>1,461.6</b>	<b>1,176.7</b>
Females	15 to 24	58.2	336.2	272.1	228.4	394.3
	25 to 34	96.2	329.4	273.6	232.8	425.6
	35 to 44	57.3	352.3	293.1	244.5	409.6
	45 to 54	50.9	345.3	288.1	263.5	398.7
	55 to 64	*23.4	289.9	264.8	214.5	313.3
	65 and over	42.6	315.1	268.5	227.6	357.8
	<b>TOTAL</b>		<b>328.7</b>	<b>1,968.2</b>	<b>1,660.3</b>	<b>1,411.2</b>
Persons	15 to 24	125.3	703.1	543.9	455.9	828.4
	25 to 34	227.9	604.8	489.0	418.8	832.7
	35 to 44	165.7	659.8	540.2	434.3	825.4
	45 to 54	120.1	668.5	561.8	472.1	793.9
	55 to 64	87.3	540.9	459.4	372.4	628.2
	65 and over	88.5	603.5	527.6	434.5	692.0
	<b>TOTAL</b>		<b>814.9</b>	<b>3,780.5</b>	<b>3,121.9</b>	<b>2,587.9</b>

Total participation rate (%) (c)

Males	15 to 24	13.9	75.7	56.1	47.0	89.6
	25 to 34	26.8	56.0	43.8	37.9	82.8
	35 to 44	22.2	63.0	50.6	38.9	85.1
	45 to 54	14.3	67.0	56.7	43.2	81.9
	55 to 64	15.9	62.4	48.4	39.2	78.3
	65 and over	10.4	65.4	58.7	46.9	75.8
	<b>TOTAL</b>		<b>17.4</b>	<b>65.0</b>	<b>52.4</b>	<b>42.2</b>
Females	15 to 24	12.4	71.8	58.1	48.7	84.2
	25 to 34	19.3	66.2	55.0	46.8	85.5
	35 to 44	11.4	70.2	58.4	48.7	81.7
	45 to 54	10.3	69.7	58.1	53.2	80.4
	55 to 64	*5.7	70.6	64.5	52.2	76.3
	65 and over	8.4	62.1	52.9	44.8	70.5
	<b>TOTAL</b>		<b>11.4</b>	<b>68.3</b>	<b>57.6</b>	<b>49.0</b>
Persons	15 to 24	13.2	73.8	57.1	47.8	86.9
	25 to 34	23.0	61.1	49.4	42.3	84.2
	35 to 44	16.7	66.6	54.6	43.9	83.4
	45 to 54	12.3	68.3	57.4	48.3	81.2
	55 to 64	10.7	66.5	56.5	45.8	77.3
	65 and over	9.3	63.6	55.6	45.8	72.9
	<b>TOTAL</b>		<b>14.4</b>	<b>66.7</b>	<b>55.0</b>	<b>45.6</b>

(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, 3.1 million New South Wales 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

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

**Table 42: New South Wales 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	230.3	122.3	135.3	142.8	173.4	176.9	981.0
	Two or three sessions weekly	63.3	*36.9	*24.3	*20.7	*39.3	*32.3	216.9
	Less than two sessions weekly	**3.6	**0.0	**9.7	**2.6	**7.5	**6.2	*29.6
	<i>Total</i>	297.2	159.2	169.3	166.1	220.2	215.4	1,227.4
Two hours or more but less than five hours	More than three sessions weekly	62.0	120.9	133.5	151.8	86.8	129.7	684.8
	Two or three sessions weekly	106.8	98.8	101.4	87.5	50.4	43.7	488.7
	Less than two sessions weekly	47.8	45.2	50.1	42.7	*26.6	*36.8	249.3
	<i>Total</i>	216.7	264.8	285.1	282.1	163.9	210.3	1,422.8
Less than two hours	More than three sessions weekly	*14.7	*20.2	*16.2	*22.5	*14.1	*28.8	116.7
	Two or three sessions weekly	*30.5	*38.3	51.5	69.8	51.8	42.4	284.3
	Less than two sessions weekly	168.8	176.3	175.7	153.7	83.1	106.1	863.8
	<i>Total</i>	214.1	234.9	243.5	246.0	149.0	177.3	1,264.8
Total	More than three sessions weekly	307.1	263.4	285.0	317.1	274.4	335.5	1,782.5
	Two or three sessions weekly	200.6	174.0	177.3	178.0	141.5	118.4	989.8
	Less than two sessions weekly	220.2	221.5	235.5	199.1	117.2	149.1	1,142.7
	<b>Total</b>	<b>727.9</b>	<b>658.9</b>	<b>697.8</b>	<b>694.2</b>	<b>533.1</b>	<b>603.0</b>	<b>3,915.0</b>
		Percentage of total (%)						
Five hours or more	More than three sessions weekly	5.9	3.1	3.5	3.6	4.4	4.5	25.1
	Two or three sessions weekly	1.6	*0.9	*0.6	*0.5	*1.0	*0.8	5.5
	Less than two sessions weekly	**0.1	**0.0	**0.2	**0.1	**0.2	**0.2	*0.8
	<i>Total</i>	7.6	4.1	4.3	4.2	5.6	5.5	31.4
Two hours or more but less than five hours	More than three sessions weekly	1.6	3.1	3.4	3.9	2.2	3.3	17.5
	Two or three sessions weekly	2.7	2.5	2.6	2.2	1.3	1.1	12.5
	Less than two sessions weekly	1.2	1.2	1.3	1.1	*0.7	*0.9	6.4
	<i>Total</i>	5.5	6.8	7.3	7.2	4.2	5.4	36.3
Less than two hours	More than three sessions weekly	*0.4	*0.5	*0.4	*0.6	*0.4	*0.7	3.0
	Two or three sessions weekly	*0.8	*1.0	1.3	1.8	1.3	1.1	7.3
	Less than two sessions weekly	4.3	4.5	4.5	3.9	2.1	2.7	22.1
	<i>Total</i>	5.5	6.0	6.2	6.3	3.8	4.5	32.3
Total	More than three sessions weekly	7.8	6.7	7.3	8.1	7.0	8.6	45.5
	Two or three sessions weekly	5.1	4.4	4.5	4.5	3.6	3.0	25.3
	Less than two sessions weekly	5.6	5.7	6.0	5.1	3.0	3.8	29.2
	<b>Total</b>	<b>18.6</b>	<b>16.8</b>	<b>17.8</b>	<b>17.7</b>	<b>13.6</b>	<b>15.4</b>	<b>100.0</b>

(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 43: New South Wales 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 (%)
<b>AGE GROUP (YEARS)</b>						
15 to 24	227.4	47.0	228.4	48.7	455.9	47.8
25 to 34	186.0	37.9	232.8	46.8	418.8	42.3
35 to 44	189.8	38.9	244.5	48.7	434.3	43.9
45 to 54	208.6	43.2	263.5	53.2	472.1	48.3
55 to 64	157.9	39.2	214.5	52.2	372.4	45.8
65 and over	206.9	46.9	227.6	44.8	434.5	45.8
<b>REGION</b>						
Capital city	769.8	43.6	914.7	49.8	1,684.5	46.7
Rest of state	406.8	39.8	496.5	47.5	903.4	43.7
<b>EMPLOYMENT STATUS</b>						
Employed full time	635.8	40.2	412.7	50.3	1,048.5	43.7
Employed part time	140.1	39.8	406.2	53.9	546.2	49.4
Employed refused	**10.9	**56.0	*11.8	*38.4	*22.7	*45.2
Total employed	786.8	40.3	830.7	51.8	1,617.5	45.5
Unemployed	46.6	37.3	65.4	38.7	112.0	38.1
Not in the labour force	343.3	48.1	515.1	46.5	858.4	47.1
<b>MARITAL STATUS</b>						
Married	656.9	39.8	822.3	48.6	1,479.1	44.2
Not married	509.9	45.2	578.9	49.3	1,088.7	47.3
Refused/Do not know	**10.0	**100.0	**10.1	**64.3	*20.0	*78.2
<b>CHILDREN AGED UNDER 18 YEARS IN THE HOUSEHOLD</b>						
At least one under 18 at home	275.1	34.3	468.3	46.9	743.4	41.3
At least one under 18 – none at home	*32.2	*43.2	**6.8	**51.9	*38.9	*44.5
No children under 18	869.4	45.4	936.1	50.0	1,805.6	47.7
<b>HIGHEST EDUCATION ATTAINMENT</b>						
University degree or higher (including postgraduate diploma)	395.2	49.3	451.0	57.6	846.2	53.4
Undergraduate diploma or associate diploma	90.9	43.3	122.3	56.4	213.1	50.0
Certificate, trade qualification or apprenticeship	201.9	46.7	175.5	48.8	377.4	47.6
Highest level of secondary school	221.9	41.8	276.4	50.2	498.3	46.1
Did not complete highest level of school	188.8	30.0	288.4	37.6	477.1	34.2
Never went to school	**0.0	**0.0	**5.3	**100.0	**5.3	**75.0
Still at secondary school	61.1	43.6	77.7	55.7	138.8	49.7
Other	*13.2	*35.6	*13.0	*27.1	*26.1	*30.8
Refused	**3.9	**59.4	**1.6	**13.4	**5.5	**29.4
<b>LANGUAGE SPOKEN AT HOME</b>						
English only	972.7	41.4	1,245.9	50.2	2,218.7	45.9
European language/s other than English	70.5	56.8	56.4	42.9	127.0	49.6
Non-European language/s	142.4	43.2	113.8	39.9	256.3	41.6
	1,176.7	42.2	1,411.2	49.0	2,587.9	45.6
<b>Total</b>	<b>1,176.7</b>	<b>42.2</b>	<b>1,411.2</b>	<b>49.0</b>	<b>2,587.9</b>	<b>45.6</b>

(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 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 44: All New South Wales 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	162.8	100.8	96.2	61.1	63.6	**0.0	484.4
	25 to 34	262.4	111.3	67.2	*24.9	*25.5	**0.0	491.4
	35 to 44	293.9	88.8	67.5	*28.6	**9.7	**0.0	488.4
	45 to 54	329.7	86.7	*41.0	**8.2	*17.0	**0.0	482.6
	55 to 64	263.3	45.7	62.2	*22.0	**9.1	**0.0	402.3
	65 and over	299.2	*29.7	72.5	*25.1	*14.6	**0.0	441.2
	<b>TOTAL</b>	1,611.3	463.0	406.6	169.8	139.4	**0.0	2,790.2
Females	15 to 24	165.2	75.0	107.0	75.0	46.5	**0.0	468.5
	25 to 34	318.5	62.9	63.3	*40.7	*12.4	**0.0	497.8
	35 to 44	322.9	60.3	60.2	*37.5	*20.7	**0.0	501.6
	45 to 54	371.6	*37.4	47.1	*25.8	*13.8	**0.0	495.7
	55 to 64	317.1	*16.6	46.8	*21.8	**8.4	**0.0	410.7
	65 and over	339.9	51.5	65.2	*34.3	*16.5	**0.0	507.5
	<b>TOTAL</b>	1,835.2	303.7	389.5	235.2	118.3	**0.0	2,881.9
Persons	15 to 24	328.0	175.7	203.2	136.0	110.1	**0.0	953.0
	25 to 34	581.0	174.2	130.5	65.6	*37.9	**0.0	989.2
	35 to 44	616.8	149.1	127.6	66.1	*30.4	**0.0	990.0
	45 to 54	701.3	124.1	88.1	*34.1	*30.7	**0.0	978.3
	55 to 64	580.3	62.3	109.1	43.8	*17.5	**0.0	813.0
	65 and over	639.1	81.3	137.7	59.4	*31.2	**0.0	948.7
	<b>TOTAL</b>	3,446.5	766.7	796.2	405.0	257.7	**0.0	5,672.1
Percentage of row (%)								
Males	15 to 24	33.6	20.8	19.9	12.6	13.1	**0.0	100.0
	25 to 34	53.4	22.7	13.7	*5.1	*5.2	**0.0	100.0
	35 to 44	60.2	18.2	13.8	*5.8	**2.0	**0.0	100.0
	45 to 54	68.3	18.0	*8.5	**1.7	*3.5	**0.0	100.0
	55 to 64	65.4	11.4	15.5	*5.5	**2.3	**0.0	100.0
	65 and over	67.8	*6.7	16.4	*5.7	*3.3	**0.0	100.0
	<b>TOTAL</b>	57.7	16.6	14.6	6.1	5.0	**0.0	100.0
Females	15 to 24	35.3	16.0	22.8	16.0	9.9	**0.0	100.0
	25 to 34	64.0	12.6	12.7	*8.2	*2.5	**0.0	100.0
	35 to 44	64.4	12.0	12.0	*7.5	*4.1	**0.0	100.0
	45 to 54	75.0	*7.6	9.5	*5.2	*2.8	**0.0	100.0
	55 to 64	77.2	*4.0	11.4	*5.3	**2.1	**0.0	100.0
	65 and over	67.0	10.2	12.8	*6.8	*3.3	**0.0	100.0
	<b>TOTAL</b>	63.7	10.5	13.5	8.2	4.1	**0.0	100.0
Persons	15 to 24	34.4	18.4	21.3	14.3	11.5	**0.0	100.0
	25 to 34	58.7	17.6	13.2	6.6	*3.8	**0.0	100.0
	35 to 44	62.3	15.1	12.9	6.7	*3.1	**0.0	100.0
	45 to 54	71.7	12.7	9.0	*3.5	*3.1	**0.0	100.0
	55 to 64	71.4	7.7	13.4	5.4	*2.2	**0.0	100.0
	65 and over	67.4	8.6	14.5	6.3	*3.3	**0.0	100.0
	<b>TOTAL</b>	60.8	13.5	14.0	7.1	4.5	**0.0	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 45: New South Wales 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	100.8	220.8	162.8	124.7	321.6
	25 to 34	111.3	117.6	79.2	50.4	228.9
	35 to 44	88.8	105.7	76.7	*38.3	194.5
	45 to 54	86.7	66.2	44.2	*25.2	152.9
	55 to 64	45.7	93.3	56.7	*31.1	139.0
	65 and over	*29.7	112.2	70.7	*39.7	141.9
	<b>TOTAL</b>	<b>463.0</b>	<b>715.9</b>	<b>490.4</b>	<b>309.3</b>	<b>1,178.9</b>
Females	15 to 24	75.0	228.4	158.5	121.4	303.4
	25 to 34	62.9	116.4	82.7	53.2	179.3
	35 to 44	60.3	118.4	84.7	58.2	178.7
	45 to 54	*37.4	86.7	50.9	*39.6	124.1
	55 to 64	*16.6	77.0	48.6	*30.2	93.6
	65 and over	51.5	116.0	80.3	50.9	167.6
	<b>TOTAL</b>	<b>303.7</b>	<b>743.0</b>	<b>505.7</b>	<b>353.5</b>	<b>1,046.7</b>
Persons	15 to 24	175.7	449.2	321.3	246.1	625.0
	25 to 34	174.2	234.0	161.8	103.5	408.2
	35 to 44	149.1	224.1	161.4	96.5	373.2
	45 to 54	124.1	152.9	95.2	64.8	277.0
	55 to 64	62.3	170.4	105.3	61.3	232.7
	65 and over	81.3	228.3	151.0	90.6	309.5
	<b>TOTAL</b>	<b>766.7</b>	<b>1,458.9</b>	<b>996.1</b>	<b>662.7</b>	<b>2,225.6</b>

Total participation rate (%) (c)

Males	15 to 24	20.8	45.6	33.6	25.7	66.4
	25 to 34	22.7	23.9	16.1	10.2	46.6
	35 to 44	18.2	21.6	15.7	*7.8	39.8
	45 to 54	18.0	13.7	9.2	*5.2	31.7
	55 to 64	11.4	23.2	14.1	*7.7	34.6
	65 and over	*6.7	25.4	16.0	*9.0	32.2
	<b>TOTAL</b>	<b>16.6</b>	<b>25.7</b>	<b>17.6</b>	<b>11.1</b>	<b>42.3</b>
Females	15 to 24	16.0	48.7	33.8	25.9	64.7
	25 to 34	12.6	23.4	16.6	10.7	36.0
	35 to 44	12.0	23.6	16.9	11.6	35.6
	45 to 54	*7.6	17.5	10.3	*8.0	25.0
	55 to 64	*4.0	18.8	11.8	*7.4	22.8
	65 and over	10.2	22.9	15.8	10.0	33.0
	<b>TOTAL</b>	<b>10.5</b>	<b>25.8</b>	<b>17.5</b>	<b>12.3</b>	<b>36.3</b>
Persons	15 to 24	18.4	47.1	33.7	25.8	65.6
	25 to 34	17.6	23.7	16.4	10.5	41.3
	35 to 44	15.1	22.6	16.3	9.7	37.7
	45 to 54	12.7	15.6	9.7	6.6	28.3
	55 to 64	7.7	21.0	12.9	7.5	28.6
	65 and over	8.6	24.1	15.9	9.5	32.6
	<b>TOTAL</b>	<b>13.5</b>	<b>25.7</b>	<b>17.6</b>	<b>11.7</b>	<b>39.2</b>

(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, 966,100 New South Wales 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

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

**Table 46: New South Wales 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	111.4	264.1	*13.2	80.4	*31.0	321.6
	25 to 34	95.0	164.5	**9.0	**5.1	*14.7	228.9
	35 to 44	50.7	147.3	*25.8	**0.0	*34.8	194.5
	45 to 54	41.9	116.9	*14.1	**0.0	*29.9	152.9
	55 to 64	*29.5	94.9	**3.5	**1.8	*40.3	139.0
	65 and over	*25.3	104.5	**0.0	**2.2	*34.8	141.9
	<b>TOTAL</b>		353.9	892.1	65.6	89.5	185.5
Females	15 to 24	169.4	219.0	*15.2	76.9	45.3	303.4
	25 to 34	99.0	80.7	*13.2	**0.0	45.8	179.3
	35 to 44	92.3	90.1	**5.8	**8.2	*39.5	178.7
	45 to 54	60.9	56.3	**7.0	**4.8	*32.8	124.1
	55 to 64	*36.9	45.0	**6.7	**3.3	*30.1	93.6
	65 and over	56.5	92.0	**0.0	**1.6	60.1	167.6
	<b>TOTAL</b>		515.0	583.1	47.9	94.9	253.6
Persons	15 to 24	280.9	483.1	*28.5	157.3	76.3	625.0
	25 to 34	194.0	245.2	*22.2	**5.1	60.5	408.2
	35 to 44	143.0	237.3	*31.6	**8.2	74.3	373.2
	45 to 54	102.7	173.1	*21.1	**4.8	62.7	277.0
	55 to 64	66.4	139.9	**10.2	**5.1	70.3	232.7
	65 and over	81.8	196.4	**0.0	**3.9	94.9	309.5
	<b>TOTAL</b>		<b>868.9</b>	<b>1,475.2</b>	<b>113.5</b>	<b>184.4</b>	<b>439.1</b>

Total participation rate (%) (b)

Males	15 to 24	23.0	54.5	*2.7	16.6	*6.4	66.4
	25 to 34	19.3	33.5	**1.8	**1.0	*3.0	46.6
	35 to 44	10.4	30.2	*5.3	**0.0	*7.1	39.8
	45 to 54	8.7	24.2	*2.9	**0.0	*6.2	31.7
	55 to 64	*7.3	23.6	*0.9	*0.4	*10.0	34.6
	65 and over	*5.7	23.7	**0.0	**0.5	*7.9	32.2
	<b>TOTAL</b>		12.7	32.0	2.4	3.2	6.6
Females	15 to 24	36.2	46.8	*3.2	16.4	9.7	64.7
	25 to 34	19.9	16.2	*2.6	**0.0	9.2	36.0
	35 to 44	18.4	18.0	**1.2	**1.6	*7.9	35.6
	45 to 54	12.3	11.4	**1.4	**1.0	*6.6	25.0
	55 to 64	*9.0	11.0	**1.6	**0.8	*7.3	22.8
	65 and over	11.1	18.1	**0.0	**0.3	11.8	33.0
	<b>TOTAL</b>		17.9	20.2	1.7	3.3	8.8
Persons	15 to 24	29.5	50.7	*3.0	16.5	8.0	65.6
	25 to 34	19.6	24.8	*2.2	**0.5	6.1	41.3
	35 to 44	14.4	24.0	*3.2	**0.8	7.5	37.7
	45 to 54	10.5	17.7	*2.2	**0.5	6.4	28.3
	55 to 64	8.2	17.2	**1.3	**0.6	8.7	28.6
	65 and over	8.6	20.7	**0.0	**0.4	10.0	32.6
	<b>TOTAL</b>		<b>15.3</b>	<b>26.0</b>	<b>2.0</b>	<b>3.3</b>	<b>7.7</b>

(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 47: New South Wales 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	529.4	19.0	741.0	25.7	1,270.5	22.4
Aquarobics	**9.1	**0.3	44.0	1.5	53.1	0.9
Athletics/track and field	*16.1	*0.6	*25.4	*0.9	41.5	0.7
Australian rules football	87.2	3.1	**8.2	**0.3	95.3	1.7
Badminton	**10.2	**0.4	**10.6	**0.4	*20.8	*0.4
Baseball	**10.0	**0.4	**5.9	**0.2	15.8	0.3
Basketball	96.0	3.4	49.9	1.7	145.9	2.6
Billiards/snooker/pool	**2.9	**0.1	**0.0	**0.0	2.9	0.1
Boxing	*23.1	*0.8	52.8	1.8	75.9	1.3
Canoeing/kayaking	*39.8	*1.4	*29.4	*1.0	69.2	1.2
Carpet bowls	**4.2	**0.2	**5.3	**0.2	**9.5	**0.2
Cricket (indoor)	*21.2	*0.8	**0.0	**0.0	21.2	0.4
Cricket (outdoor)	168.5	6.0	*25.3	*0.9	193.8	3.4
Cycling	383.3	13.7	220.2	7.6	603.5	10.6
Dancing	*23.8	*0.9	145.6	5.1	169.4	3.0
Darts	**5.3	**0.2	*3.3	**0.1	8.6	0.2
Fishing	113.4	4.1	*13.0	*0.5	126.4	2.2
Golf	361.9	13.0	69.2	2.4	431.1	7.6
Gymnastics	**7.1	**0.3	*17.6	*0.6	*24.7	*0.4
Hockey (indoor)	**6.1	**0.2	**1.9	**0.1	8.0	0.1
Hockey (outdoor)	*24.2	*0.9	*39.9	*1.4	64.1	1.1
Horse riding/equestrian activities/polocrosse	*13.5	*0.5	*33.5	*1.2	47.0	0.8
Ice/snow sports	51.8	1.9	44.2	1.5	96.0	1.7
Lawn bowls	78.8	2.8	53.1	1.8	131.9	2.3
Martial arts	65.6	2.4	*38.2	*1.3	103.8	1.8
Motor sports	73.6	2.6	**8.4	**0.3	82.0	1.4
Netball	**8.1	**0.3	164.7	5.7	172.7	3.0
Orienteering	*20.9	*0.8	*24.2	*0.8	45.1	0.8
Rock climbing	**7.1	**0.3	**7.0	**0.2	*14.1	*0.2
Roller sports	**3.6	**0.1	**5.0	**0.2	8.6	0.2
Rowing	**10.0	**0.4	**9.2	**0.3	*19.1	*0.3
Rugby league	112.6	4.0	**9.0	**0.3	121.5	2.1
Rugby union	60.9	2.2	**7.0	**0.2	67.9	1.2
Running	312.3	11.2	205.7	7.1	518.0	9.1
Sailing	*32.8	*1.2	*19.3	*0.7	52.1	0.9
Scuba diving	*14.0	*0.5	*11.4	*0.4	25.3	0.4
Shooting sports	53.8	1.9	**1.9	**0.1	55.7	1.0
Football (indoor)	68.9	2.5	*24.3	*0.8	93.2	1.6
Football (outdoor)	256.4	9.2	114.2	4.0	370.6	6.5
Softball	**3.1	**0.1	*19.5	*0.7	22.6	0.4
Squash/racquet ball	60.4	2.2	*28.8	*1.0	89.3	1.6
Surf sports	88.3	3.2	*24.8	*0.9	113.2	2.0
Swimming	386.0	13.8	385.2	13.4	771.2	13.6
Table tennis	**9.2	**0.3	*11.8	*0.4	21.0	0.4
Tennis	213.8	7.7	171.1	5.9	384.9	6.8
Tenpin bowling	**9.0	**0.3	**4.6	**0.2	13.6	0.2
Touch football	166.3	6.0	86.0	3.0	252.3	4.4
Triathlon	**6.0	**0.2	**1.9	**0.1	8.0	0.1
Volleyball	*19.9	*0.7	*13.7	*0.5	*33.6	*0.6
Walking (bush)	152.9	5.5	120.0	4.2	272.9	4.8
Walking (other)	667.9	23.9	1262.5	43.8	1930.4	34.0
Water polo	**3.1	**0.1	**0.0	**0.0	3.1	0.1
Waterskiing/powerboating	*20.9	*0.7	**8.9	**0.3	*29.8	*0.5
Weight training	80.1	2.9	57.9	2.0	138.1	2.4
Yoga	*17.9	*0.6	172.7	6.0	190.6	3.4

(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 48: New South Wales 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	372.4	966.4	1,270.5	6.6	17.0	22.4
Aquarobics	*28.6	*26.5	53.1	*0.5	*0.5	0.9
Athletics/track and field	*28.4	*21.2	41.5	*0.5	*0.4	0.7
Australian rules football	83.5	*26.6	95.3	1.5	*0.5	1.7
Badminton	**1.7	*19.1	*20.8	**0.0	*0.3	*0.4
Baseball	**10.0	**5.9	*15.8	**0.2	**0.1	*0.3
Basketball	82.7	85.6	145.9	1.5	1.5	2.6
Billiards/snooker/pool	**0.0	**2.9	**2.9	**0.0	**0.1	**0.1
Boxing	*23.3	52.6	75.9	*0.4	0.9	1.3
Canoeing/kayaking	*13.9	58.4	69.2	*0.2	1.0	1.2
Carpet bowls	**7.9	**3.9	**9.5	**0.1	**0.1	**0.2
Cricket (indoor)	*16.1	**5.1	*21.2	*0.3	**0.1	*0.4
Cricket (outdoor)	129.8	64.1	193.8	2.3	1.1	3.4
Cycling	85.8	570.4	603.5	1.5	10.1	10.6
Dancing	124.7	58.6	169.4	2.2	1.0	3.0
Darts	**6.9	**4.3	**8.6	**0.1	**0.1	**0.2
Fishing	*20.2	124.0	126.4	*0.4	2.2	2.2
Golf	227.1	259.2	431.1	4.0	4.6	7.6
Gymnastics	*17.2	**7.5	*24.7	*0.3	**0.1	*0.4
Hockey (indoor)	**0.0	**8.0	**8.0	**0.0	**0.1	**0.1
Hockey (outdoor)	64.1	**0.0	64.1	1.1	**0.0	1.1
Horse riding/equestrian activities/polocrosse	*12.9	*37.2	47.0	*0.2	*0.7	0.8
Ice/snow sports	*24.0	81.3	96.0	*0.4	1.4	1.7
Lawn bowls	125.4	*16.5	131.9	2.2	*0.3	2.3
Martial arts	69.0	*36.8	103.8	1.2	*0.6	1.8
Motor sports	*28.5	53.5	82.0	*0.5	0.9	1.4
Netball	132.8	47.2	172.7	2.3	0.8	3.0
Orienteering	*23.1	*25.6	45.1	*0.4	*0.5	0.8
Rock climbing	**3.6	*14.1	*14.1	**0.1	*0.2	*0.2
Roller sports	**0.0	**8.6	**8.6	**0.0	**0.2	**0.2
Rowing	**9.2	**9.9	*19.1	**0.2	**0.2	*0.3
Rugby league	92.6	*39.6	121.5	1.6	*0.7	2.1
Rugby union	62.9	**8.6	67.9	1.1	**0.2	1.2
Running	65.2	497.0	518.0	1.1	8.8	9.1
Sailing	*29.3	*33.3	52.1	*0.5	*0.6	0.9
Scuba diving	**3.1	*25.3	*25.3	**0.1	*0.4	*0.4
Shooting sports	*20.0	*37.6	55.7	*0.4	*0.7	1.0
Football (indoor)	58.9	*34.3	93.2	1.0	*0.6	1.6
Football (outdoor)	272.5	128.0	370.6	4.8	2.3	6.5
Softball	*22.6	**5.1	*22.6	*0.4	**0.1	*0.4
Squash/racquet ball	*30.8	66.9	89.3	*0.5	1.2	1.6
Surf sports	*14.8	100.1	113.2	*0.3	1.8	2.0
Swimming	51.8	753.6	771.2	0.9	13.3	13.6
Table tennis	**2.9	*18.0	*21.0	**0.1	*0.3	*0.4
Tennis	128.0	288.7	384.9	2.3	5.1	6.8
Tenpin bowling	**6.0	**7.6	*13.6	**0.1	**0.1	*0.2
Touch football	209.3	59.2	252.3	3.7	1.0	4.4
Triathlon	**8.0	**0.0	**8.0	**0.1	**0.0	**0.1
Volleyball	*23.4	*12.2	*33.6	*0.4	*0.2	*0.6
Walking (bush)	*23.0	258.3	272.9	*0.4	4.6	4.8
Walking (other)	85.8	1897.4	1930.4	1.5	33.5	34.0
Water polo	**3.1	**0.0	**3.1	**0.1	**0.0	**0.1
Waterskiing/powerboating	**1.7	*28.1	*29.8	**0.0	*0.5	*0.5
Weight training	44.2	106.7	138.1	0.8	1.9	2.4
Yoga	93.7	105.8	190.6	1.7	1.9	3.4

(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, 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.

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