

## Non-organised sport and physical activity

Sport and physical activities that are not conducted by a club, community club, recreation or fitness centre are known as non-organised.<sup>1</sup>

For most people these kinds of activities are attractive because they can be undertaken anywhere, anytime and are less expensive than organised sport and physical activity. Even though they are less structured, non-organised activities have a significant role in increasing physical activity levels among Western Australians.

### PARTICIPATION OF AUSTRALIANS IN NON-ORGANISED SPORT AND PHYSICAL ACTIVITY

The information in this section is from the *Exercise, Recreation and Sport Survey (ERASS)* which includes data on non-organised activities at the national level but not at the state level. Due to this, the information that was obtained from the *ERASS* is for the whole of Australia. Also note that *ERASS* data is for people aged 15 years and over and relates to participation in the 12 months to survey.

In 2006, about two thirds (67.1%) of Australian adults aged 15 years and over (11.1 million people) participated in at least one non-organised sport or physical activity in the past 12 months. This was much higher than participation in organised sport and physical activity (39.1% or 6.5 million people).<sup>2</sup>

Between 2001 and 2006, participation in non-organised physical activity increased by 1.6 million people in Australia. This is more than three times the increase for organised activity (up by 451,000 people).<sup>3,4</sup>

#### **Rates of participation in sport and physical activity for Australians aged 15 years and over: 2001–2003<sup>5,6,7,8,9,10(a)(b)</sup>**

| Year | Non-organised (%) | Organised (%) | Total (%) |
|------|-------------------|---------------|-----------|
| 2001 | 63.4              | 39.9          | 77.8      |
| 2002 | 62.7              | 40.9          | 77.8      |
| 2003 | 68.1              | 42.8          | 82.5      |
| 2004 | 69.8              | 42.7          | 82.8      |
| 2005 | 69.3              | 41.8          | 83.3      |
| 2006 | 67.1              | 39.1          | 80.5      |

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

(b) A person may participate in both organised and non-organised physical activities. Due to this, the participation rates add to more than the totals.

#### **Participation in non-organised sport and physical activity by gender<sup>11</sup>**

In 2006, participation rates for both males and females was higher for non-organised than organised sport and physical activity.

#### **Australian rates of participation in non-organised and organised sport and physical activity by gender: Australians aged 15 years and over –2006<sup>(a)</sup>**

| Gender       | Non-organised (%) | Organised (%) |
|--------------|-------------------|---------------|
| Males        | 66.4              | 40.8          |
| Females      | 67.8              | 37.4          |
| <b>Total</b> | <b>67.1</b>       | <b>39.1</b>   |

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

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## Participation in non-organised sport and physical activity by age<sup>12</sup>

In 2006, Australian adults aged 55–64 years were the most likely to participate in non-organised sport and physical activity, while those aged 65 years and over were the least likely to participate. This is different to participation in organised sport and physical activity where participation declined with age.

### Rates of participation in non-organised sport and physical activity by age: Australia – 2006<sup>(a)</sup>

| Age Group (years) | Non-organised (%) | Organised (%) |
|-------------------|-------------------|---------------|
| 15–24             | 62.6              | 62.7          |
| 25–34             | 70.4              | 41.2          |
| 35–44             | 71.2              | 38.9          |
| 45–54             | 73.1              | 31.4          |
| 55–64             | 69.5              | 30.1          |
| 65 and over       | 55.5              | 27.7          |
| <b>Total</b>      | <b>67.1</b>       | <b>39.1</b>   |

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

## Most popular non-organised physical activities in Australia in 2006<sup>13</sup>

In 2006, walking was by far the most popular non-organised sport or physical activity not related to work, household or garden chores undertaken by Australians aged 15 years and over.

### Most popular sports and physical activities played by Australians in a non-organised environment: Australians aged 15 years and over – 2006<sup>(a)</sup>

| Activity           | Non-organised participation rate (%) |
|--------------------|--------------------------------------|
| Walking            | 35.6                                 |
| Aerobics/fitness   | 12.1                                 |
| Swimming           | 12.1                                 |
| Cycling            | 9.7                                  |
| Running            | 6.9                                  |
| Tennis             | 4.7                                  |
| Bushwalking        | 4.3                                  |
| Football (outdoor) | 3.9                                  |
| Weight training    | 2.2                                  |
| Surf sports        | 2.2                                  |
| Fishing            | 2.1                                  |

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

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## Physical activities least likely to be organised by a club/association<sup>14</sup>

In Australia, the physical activity that was least likely to be organised in 2006 was walking (only 2.8% of walking participants aged 15 years and over engaged in organised walking).

### Physical activities least likely to be organised by a club/association: Australia –2006<sup>(a)</sup>

| Activity    | Proportion organised (%) |
|-------------|--------------------------|
| Walking     | 2.8                      |
| Cycling     | 8.5                      |
| Fishing     | 10.5                     |
| Running     | 10.8                     |
| Surf sports | 12.7                     |
| Swimming    | 14.0                     |
| Bushwalking | 14.5                     |

(a) Participation in the 12 months to survey

## Participation of Western Australian adults<sup>15</sup>

The following information is from the *Western Australian Adult Physical Activity Survey*, which measures participation of Western Australians aged 18 years and over.

In 2006, non-organised physical activities were among the most popular activities for Western Australian adults aged 18 years and over.

### Most popular physical activities for Western Australians aged 18 years and over –2006

| Activity               | Males (%) | Females (%) |
|------------------------|-----------|-------------|
| Walking for recreation | 55.9      | 69.6        |
| Walking for transport  | 30.8      | 32.4        |
| Swimming/surfing       | 13.2      | 14.9        |
| Aerobics               | 7.8       | 17.6        |
| Jogging/running        | 12.5      | 9.5         |
| Team sports            | 11.3      | 6.3         |
| Cycling for recreation | 11.2      | 7.5         |
| Cycling for transport  | 5.4       | 2.2         |
| Golf                   | 9.4       | 2.6         |
| Weights                | 11.8      | 4.9         |
| Tennis                 | 3.9       | 3.1         |

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## Incidental physical activity<sup>16</sup>

Western Australians are encouraged to incorporate physical activity into their daily activities or chores as all activity is beneficial to health. In 2006, participation in all four incidental physical activity behaviours surveyed was higher for women than men.

### *Prevalence of Incidental Physical Activity: Western Australians aged 18 years and over – 2006*

| Type of activity                     | Males (%) | Females (%) |
|--------------------------------------|-----------|-------------|
| Climb stairs                         | 59.5      | 63.8        |
| Take dog for a walk                  | 52.3      | 63.9        |
| Walk/cycle instead of 5 minute drive | 53.8      | 61.0        |
| Park vehicle further away            | 30.0      | 46.1        |

## Facilities used for physical activity<sup>17</sup>

In 2006, the most popular places for physical activity for both men and women aged 18 years and over were streets/ footpaths and at home. Women were more likely than men to use cycle/ walk paths (26.6% compared to 22.7%) and gyms (24.8% compared to 19.1%), while men were more likely to exercise at the beach (13.3% compared to 9.6% of women).

### *Facilities used for physical activity: Western Australians aged 18 years and over – 2006*

| Facility         | Males (%) | Females (%) |
|------------------|-----------|-------------|
| Street/ footpath | 48.1      | 49.1        |
| Home             | 45.1      | 50.2        |
| Cycle/ walk path | 22.7      | 26.6        |
| Gym              | 19.1      | 24.8        |
| Public park      | 18.6      | 17.5        |
| Beach            | 13.3      | 9.6         |
| Workplace        | 6.8       | 2.2         |

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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. p55.
- <sup>3</sup> Ibid. p55.
- <sup>4</sup> Standing Committee on Recreation and Sport. (2002). *Participation in exercise, recreation and sport: annual report 2001*. Canberra, Australian Capital Territory: Standing Committee on Recreation and Sport. p17.
- <sup>5</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. p55.
- <sup>6</sup> Standing Committee on Recreation and Sport. (2006). *Participation in exercise, recreation and sport: annual report 2005*. Canberra, Australian Capital Territory: Standing Committee on Recreation and Sport. p36.
- <sup>7</sup> Standing Committee on Recreation and Sport. (2005). *Participation in exercise, recreation and sport: annual report 2004*. Canberra, Australian Capital Territory: Standing Committee on Recreation and Sport. p29.
- <sup>8</sup> Standing Committee on Recreation and Sport. (2004). *Participation in exercise, recreation and sport: annual report 2003*. Canberra, Australian Capital Territory: Standing Committee on Recreation and Sport. p35.
- <sup>9</sup> Standing Committee on Recreation and Sport. (2003). *Participation in exercise, recreation and sport: annual report 2002*. Canberra, Australian Capital Territory: Standing Committee on Recreation and Sport. p16.
- <sup>10</sup> Standing Committee on Recreation and Sport. (2002). *Participation in exercise, recreation and sport: annual report 2001*. Canberra, Australian Capital Territory: Standing Committee on Recreation and Sport. p12.
- <sup>11</sup> Standing Committee on Recreation and Sport. (2007). *op. cit.* p55.
- <sup>12</sup> Ibid. p55.
- <sup>13</sup> Ibid. p58.
- <sup>14</sup> Ibid. p15.
- <sup>15</sup> Milligan, R., McCormack, G. R., Rosenberg, M. (2007). *Physical Activity Levels of Western Australian Adults 2006. Results from the Adult Physical Activity Survey*. Perth, Western Australia: Western Australian Government. p33.
- <sup>16</sup> Ibid. p41.
- <sup>17</sup> Ibid. p34.