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Sport



Main findings

- Queensland women's rate of participation in sport and physical activity is 78.6%, while men's is 77.3%.
- 41.3% of Queensland women are classified as overweight or obese.
- 73.7% of Queensland women have a sedentary or low level of exercise.
- The most popular sporting activities for Queensland women in 2002 were walking (43.4%), swimming (16.2%), aerobics/gym (14.9%), tennis (7.5%) and cycling (6.2%).
- In 2000, 131,200 men and 112,600 women in Queensland had unpaid non-playing involvement in sport and recreation.
- In Australia in 2000, females contributed a median of 42 voluntary hours per annum to sport and recreation organisations.



Sport



A lack of physical activity is the highest contributing factor to disease for women.

Introduction

Participation in sport and other physical activity is positive on many levels. Physically, it can help prevent illness. Socially, it encourages both development of leadership and organisational skills and a connectedness with the broader community. Sport also makes a significant contribution to the economy.

As discussed in the chapter “Health”, 41.3% of Queensland women aged 18 years and over in 2001 were classified as overweight or obese, and 73.7% had a sedentary or low level of exercise.¹ Increasing women’s participation in sport could reduce levels of these health risk factors.

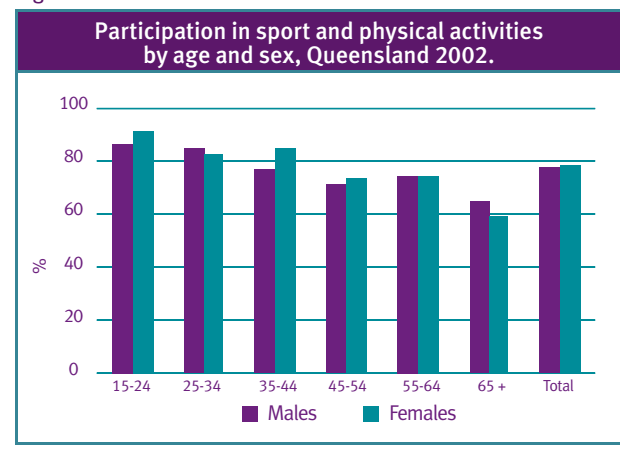
A lack of physical activity is responsible for about 7% of the burden of disease in Australia, making it the highest factor contributing to disease for women.

Nationally, physical inactivity costs \$377 million in direct health care costs alone. A sum of \$3.6 million per year could be saved for every increase in the proportion of Australians who are sufficiently active.²

Participation rates

There is little difference between men and women aged 15 years and over in terms of overall participation rates in sport and physical activity. In 2002, 78.6% of Queensland women and 77.3% of men participated in sport or physical activity. By age group, women aged 35 to 44 were more active than men of the same age, with 84.6% of women participating in sport or physical activity, compared with 76.9% of men.³

Figure 20



Source: Australian Sports Commission, 2002. *Participation in Exercise, Recreation and Sport 2001*. ASC, Canberra.

Table 24

Participation in selected sports and physical activities, Queensland, 2002.						
	Males		Females		Persons	
	Number ('000)	%	Number ('000)	%	Number ('000)	%
Aerobics/gym	159.3	11.2	213.9	14.9	373.2	13.1
Aquaerobics	0.0	0.0	22.2	1.5	22.2	0.8
Athletics	10.2	0.7	16.7	1.2	27.0	0.9
Australian rules football	24.5	1.7	0.0	0.0	24.5	0.9
Basketball	37.6	2.6	36.5	2.5	74.0	2.6
Cricket – indoor	41.3	2.9	8.2	0.6	49.5	1.7
Cricket – outdoor	61.7	4.4	9.9	0.7	71.6	2.5
Cycling	153.5	10.8	89.7	6.2	243.2	8.5
Dancing	10.6	0.7	38.2	2.7	48.8	1.7
Fishing	98.5	6.9	13.7	1.0	112.2	3.9
Golf	180.7	12.7	49.5	3.4	230.2	8.1
Hockey	6.8	0.5	19.9	1.4	26.7	0.9
Horseriding	9.2	0.6	28.8	2.0	38.0	1.3
Lawn bowls	42.6	3.0	23.5	1.6	66.1	2.3
Martial arts	33.6	2.4	36.5	2.5	70.1	2.5
Motor sports	26.6	1.9	1.3	0.1	27.9	1.0
Netball	9.8	0.7	82.2	5.7	92.0	3.2
Rockclimbing	22.7	1.6	7.7	0.5	30.5	1.1
Rugby league	67.7	4.8	4.0	0.3	71.7	2.5
Rugby union	25.8	1.8	2.6	0.2	28.4	1.0
Running	151.5	10.7	71.8	5.0	223.3	7.8
Sailing	27.4	1.9	8.4	0.6	35.8	1.3
Soccer – indoor	45.9	3.2	14.9	1.0	60.9	2.1
Soccer – outdoor	91.8	6.5	32.1	2.2	123.9	4.3
Softball	6.3	0.4	18.8	1.3	25.0	0.9
Squash	32.9	2.3	20.6	1.4	53.5	1.9
Surf sports	72.2	5.1	0.0	0.0	72.2	2.5
Swimming	166.2	11.7	233.0	16.2	399.1	14.0
Tennis	93.4	6.6	108.3	7.5	201.7	7.1
Tenpin bowling	18.2	1.3	8.3	0.6	26.5	0.9
Touch football	87.0	6.1	42.7	3.0	129.7	4.5
Volleyball	24.2	1.7	40.4	2.8	64.6	2.3
Walking – bush	57.2	4.0	75.6	5.3	132.9	4.7
Walking – other	311.0	21.9	623.2	43.4	934.2	32.7
Water-skiing	19.6	1.4	10.2	0.7	29.8	1.0
Weight-training	46.5	3.3	33.0	2.3	79.5	2.8
Yoga	3.7	0.3	69.2	4.8	72.9	2.6

Source: Australian Sports Commission, 2002. *Participation in Exercise, Recreation and Sport 2001*. ASC, Canberra.



Sport

Women are increasing their physical activity levels. Their participation increased from 75.5% to 78.6% between 2001 and 2002, compared to a decline among men (79.1% to 77.3%). Women 15 to 24 years and 35 to 44 years showed the greatest increase in activity (up 4.5% to 91.2% and 6.4% to 84.6%, respectively). The only group of women for whom the participation rate did not increase was the 25–34 age group.

The key differences between men and women are in the types of sport or activity pursued. Table 24 shows the number of Queensland men and women who participate in both organised and non-organised sport and physical activities.

The most popular activities for Queensland women in 2002 were walking (43.4%), swimming (16.2%), aerobics/gym (14.9%), tennis (7.5%) and cycling (6.2%).

Women's participation in yoga and outdoor soccer rose slightly between 2001 and 2002 (up 1.8% and 1.1%). Fewer women played netball (down 7.7%) or swam (down 2%).

Participation in sports across Australia increased with the level of educational attainment – from 68.1% of people who did not complete secondary school to 87.6% of people who had a university degree.

Coaching/administration

In 2001, more men (11.4%) than women (7.4%) in Queensland were involved in non-playing roles within sporting organisations. These roles include coaching, refereeing, committee membership, scoring, medical support, and other involvement.⁴

Payment status

In 2001, Queensland men (34,900 or 2.5% of all males) were far more likely to have paid involvement in sport than women (16,700 or 1.1%).^{iii, 5}

In terms of non-playing roles, many more Queenslanders had unpaid involvement in sport and recreation in 2000: 131,200 men and 112,600 women.⁶ In Australia in 2000, male volunteers contributed a median of 48 hours per annum to sport and recreation organisations, while females contributed a median of 42 hours.⁷

References

- ¹ ABS, 2002. Cat. No. 4364.0. National Health Survey 2001 – Companion Data.
- ² Sport and Recreation Queensland, website. http://www.sportrec.qld.gov.au/general/benefits_of_physical_activity.cfm?CFID=1983101&CFTOKEN=45599294&dt=24_09_2003_10_44_30
- ³ Australian Sports Commission, 2003. *Participation in Exercise, Recreation and Sport 2002*. ASC, Canberra.
- ⁴ ABS, 2002. Cat. No. 6285.0. *Involvement in organised sport and physical activity Australia*.
- ⁵ ABS, 2002. Cat. No. 6285.0. *Involvement in organised sport and physical activity Australia*.
- ⁶ ABS, 2001. Cat. No. 4441.0. *Voluntary Work Australia*.
- ⁷ ABS, 2001. Cat. No. 4441.0. *Voluntary Work Australia*.

ⁱⁱⁱ This includes both playing and non-playing roles.