

# Active People Survey 2008/09

## Participation

### Once a week for 30 minutes at moderate intensity

Pivotal to [Sport England's 2008-11 strategy](#) is the funding of national governing bodies of sport (NGBs). NGBs contribute to Sport England's strategic goals by setting targets to increase the 'once a week' adult participation rates in their sport. The growth targets across sports will contribute to Sport England's overall target of getting one million people doing more sport by 2012/13.



One million people doing more sport by 2012-13

Participation is defined as the number of adults (age 16 plus) who have taken part in the sport at moderate intensity for 30 minutes or more at least once in the last week (at least four days out of the previous 28 days).

In the period between 2007/8 (Active People Survey 2) and 2008/9 (Active People Survey 3), 12 out of 33 sports with growth targets have seen an increase in overall participant numbers<sup>1</sup>, with four showing a statistically significant increase in participation rates.

These are **athletics, cycling, canoeing, and tennis**:

- Participation in athletics (including running and jogging) has grown from 1.61 million adults (3.9%) in 2007/8 to 1.74 million adults (4.2%) in 2008/9, **an increase of 128,000 participants**.
- Cycling participation (which does not include cycling for travel purposes) has grown from 1.77 million adults (4.3%) to 1.88 million adults (4.5%), **an increase of 113,000 participants**.
- Participation in canoeing and kayaking has grown from 43,500 adults (0.1%) to 62,900 adults (0.15%), **an increase of 19,000 participants**.
- Tennis participation has increased from 487,500 adults (1.2%) to 530,000 adults (1.3%), **an increase of 43,000 participants**.
- 10 sports have seen a statistically significant decrease in weekly participation rates between 2007/8 and 2008/9 – golf, gymnastics, dance exercise, rounders, rugby league, rugby union, snowsports, swimming, volleyball and bowls (the figure for bowls refers to participants aged over 65 participating for at least 30 minutes at any intensity).

## Sports Participation: at least once a week for 30 minutes, moderate intensity

| 1 x 30 sport indicator                | APS2 (Oct 2007-Oct 2008) |           | APS3 (Oct 2008-Oct 2009) |           | Change from APS2 |         |                          |
|---------------------------------------|--------------------------|-----------|--------------------------|-----------|------------------|---------|--------------------------|
|                                       | %                        | n         | %                        | n         | % point          | n       | Statistical significance |
| Sport England NGB 09-13 Funded sports |                          |           |                          |           |                  |         |                          |
| Angling                               | ***                      | ***       | 0.14%                    | 56,700    | n/a              | n/a     | ***                      |
| Athletics                             | 3.89%                    | 1,612,100 | 4.16%                    | 1,739,700 | 0.27%            | 127,600 | Increase                 |
| Badminton                             | 1.29%                    | 535,700   | 1.29%                    | 539,400   | 0.00%            | 3,700   | No Change                |
| Baseball & Softball                   | 0.02%                    | 6,700     | *                        | *         | n/a              | n/a     | n/a                      |
| Basketball                            | 0.45%                    | 186,000   | 0.46%                    | 193,100   | 0.01%            | 7,100   | No Change                |
| Bowls****                             | 0.65%                    | 274,100   | 0.58%                    | 249,800   | -0.06%           | -24,300 | Decrease                 |
| Boxing                                | 0.26%                    | 106,800   | 0.29%                    | 121,400   | 0.03%            | 14,600  | No Change                |
| Canoeing and kayaking                 | 0.10%                    | 43,500    | 0.15%                    | 62,900    | 0.05%            | 19,400  | Increase                 |
| Cricket                               | 0.49%                    | 204,800   | 0.49%                    | 206,600   | 0.00%            | 1,800   | No Change                |
| Cycling                               | 4.26%                    | 1,767,100 | 4.50%                    | 1,880,000 | 0.24%            | 112,900 | Increase                 |
| Equestrian                            | 0.82%                    | 341,700   | 0.82%                    | 341,500   | -0.01%           | -200    | No Change                |
| Fencing                               | 0.04%                    | 15,000    | 0.03%                    | 12,200    | -0.01%           | -2,800  | No Change                |
| Football                              | 5.18%                    | 2,144,700 | 5.08%                    | 2,122,700 | -0.09%           | -22,000 | No Change                |
| Golf                                  | 2.29%                    | 948,300   | 2.15%                    | 897,600   | -0.14%           | -50,700 | Decrease                 |
| Gymnastics and trampolining           | 0.22%                    | 89,200    | 0.12%                    | 48,300    | -0.10%           | -40,900 | Decrease                 |
| Hockey                                | 0.24%                    | 99,800    | 0.23%                    | 95,700    | -0.01%           | -4,100  | No Change                |
| Judo                                  | 0.05%                    | 18,700    | 0.04%                    | 15,100    | -0.01%           | -3,600  | No Change                |
| Mountaineering                        | 0.21%                    | 86,100    | 0.20%                    | 83,900    | -0.01%           | -2,200  | No Change                |
| Movement & Dance                      | 0.36%                    | 149,300   | 0.22%                    | 90,200    | -0.14%           | -59,100 | Decrease                 |
| Netball                               | 0.29%                    | 118,800   | 0.32%                    | 133,500   | 0.03%            | 14,700  | No Change                |
| Rounders                              | 0.06%                    | 25,900    | 0.04%                    | 18,000    | -0.02%           | -7,900  | Decrease                 |
| Rowing                                | 0.13%                    | 54,900    | 0.12%                    | 49,000    | -0.02%           | -5,900  | No Change                |
| Rugby League                          | 0.21%                    | 88,300    | 0.15%                    | 63,000    | -0.06%           | -25,300 | Decrease                 |
| Rugby Union                           | 0.56%                    | 230,300   | 0.50%                    | 207,500   | -0.06%           | -22,800 | Decrease                 |
| Sailing                               | 0.22%                    | 89,900    | 0.20%                    | 83,000    | -0.02%           | -6,900  | No Change                |
| Snowsport                             | 0.29%                    | 120,600   | 0.26%                    | 106,800   | -0.04%           | -13,800 | Decrease                 |
| Squash                                | 0.71%                    | 293,900   | 0.72%                    | 299,500   | 0.01%            | 5,600   | No Change                |
| Swimming                              | 7.83%                    | 3,244,300 | 7.57%                    | 3,162,400 | -0.26%           | -81,900 | Decrease                 |
| Table Tennis                          | 0.18%                    | 75,600    | 0.20%                    | 85,500    | 0.02%            | 9,900   | No Change                |
| Taekwondo                             | 0.06%                    | 24,200    | 0.06%                    | 27,000    | 0.01%            | 2,800   | No Change                |
| Tennis                                | 1.18%                    | 487,500   | 1.27%                    | 530,200   | 0.09%            | 42,700  | Increase                 |
| Volleyball                            | 0.12%                    | 48,400    | 0.09%                    | 39,200    | -0.02%           | -9,200  | Decrease                 |
| Weightlifting                         | 0.29%                    | 118,400   | 0.28%                    | 116,000   | -0.01%           | -2,400  | No Change                |
| Archery*                              |                          |           |                          |           |                  |         |                          |
| Boccia*                               |                          |           |                          |           |                  |         |                          |
| Goalball*                             |                          |           |                          |           |                  |         |                          |
| Handball*                             |                          |           |                          |           |                  |         |                          |
| Lacrosse*                             |                          |           |                          |           |                  |         |                          |
| Modern Pentathlon*                    |                          |           |                          |           |                  |         |                          |
| Orienteering*                         |                          |           |                          |           |                  |         |                          |
| Shooting**                            |                          |           |                          |           |                  |         |                          |
| Triathlon*                            |                          |           |                          |           |                  |         |                          |
| Waterskiing*                          |                          |           |                          |           |                  |         |                          |
| Wheelchair Basketball*                |                          |           |                          |           |                  |         |                          |
| Wheelchair Rugby*                     |                          |           |                          |           |                  |         |                          |
| Wrestling*                            |                          |           |                          |           |                  |         |                          |

\*Insufficient sample size for once a week participation result

\*\* Light intensity only sports

\*\*\* Figures for moderate intensity angling are not available for Active People Surveys 1 & 2

\*\*\*\* The figure for bowls refers to participants aged over 65 participating for at least 30 minutes at any intensity

## Notes

Participation in each sport is defined as the number of adults in England (age 16 plus) who have taken part in the sport at moderate intensity for 30 minutes or more at least once in the last week (at least four days out of the previous 28 days).

The 46 sports were selected by Sport England based on the following criteria: whether they are an Olympic or Paralympic sport; whether they are already designated as a development sport by Sport England; and whether they have more than 75,000 adult participants (age 16 and over) in England. 46 sports satisfied these criteria and were therefore asked to prepare a plan on which funding assessments were made.

[Active People Survey 2](#) took place between October 2007 and October 2008. 191,000 adults in England (age 16+) were interviewed by telephone.

[Active People Survey 3](#) was undertaken between October 2008 and October 2009. 193,947 adults in England (age 16+) were interviewed by telephone.

Please note that this report highlights whether changes from Active People Survey 2 to Active People Survey 3 are *statistically significant*. A statistically significant increase is indicated by 'increase', and a statistically significant decrease is indicated by 'decrease'. This means that we are 95% certain that there has been a real change (increase or decrease) in the participation rate. Where there has been no statistically significant change, this is indicated by 'no change'.

For more information on measuring statistically significant change between Active People Surveys, see the briefing note on Sport England's website:

[http://www.sportengland.org/research/active\\_people\\_survey/active\\_people\\_survey\\_2/idoc.ashx?docid=c2da16fe-f44b-4715-a798-5cd4f62fc422&version=3](http://www.sportengland.org/research/active_people_survey/active_people_survey_2/idoc.ashx?docid=c2da16fe-f44b-4715-a798-5cd4f62fc422&version=3)

ONS population data (mid 2007 estimates for APS 2 data, and mid 2008 estimates for APS 3 data) has been used to provide population numbers.

For sports which have multiple disciplines, the following list highlights the disciplines included within each sport:

**Angling:** angling, fishing, sea fishing

**Athletics:** athletics field, athletics track, running track, running cross-country/road, running road, running ultra marathon, jogging.

**Baseball/softball:** baseball and softball

**Bowls:** bowls (indoors), bowls (outdoors)

**Canoeing & kayaking:** canoeing, canoe polo, kayaking, whitewater kayaking

**Climbing & mountaineering:** rock climbing, indoor climbing, solo climbing, sport climbing, mountaineering, mountaineering high altitude, hill trekking

**Cycling:** Cycling is defined as adult participation at least once a week (four times in the previous four weeks), for 30 minutes at moderate intensity. Cycling includes recreational and competitive cycling but excludes any cycling which is exclusively for travel purposes only. Also includes BMX, cyclo-cross and mountain biking.

**Equestrian:** horse riding, dressage, pony trekking, show jumping, three-day eventing, trotting, polocrosse

**Football:** football (indoor), football (outdoor)

**Gymnastics:** gymnastics and trampolining (excludes 'garden trampolining' for the APS3 result)

**Sailing:** sailing (dinghy), sailing (endurance), sailing (ice), sailing (speed), yachting, yachting (ocean), sandboarding, windsurfing/boardsailing, yachting (ice), yachting (land), jet skiing, sailing (cruising or racing) other, sailing (cruising or racing) keelboat, sailing (cruising or racing) catamaran, yachting (cruising or racing) other, yachting (cruising or racing) inshore/coastal, yachting (cruising or racing) offshore.

NB: these codes were updated for Active People Survey 2.

**Skiing & snowboarding:** snowboarding, skiing, skiing (barefoot), skiing (extreme), skiing (free), skiing (mono), skiing (parachute), skiing (ribbing), skiing (speed), skiing (grass or dry slope)

**Shooting:** shooting, shooting (air rifle), shooting (clay pigeon), shooting (pistol)

**Squash:** squash and racketball

**Swimming:** all swimming and diving (indoor and outdoor), water polo, deep water swimming, open water swimming, deep water diving

**Waterskiing:** waterskiing and skiing barefoot (water)

**Wrestling:** wrestling - Cumberland, freestyle, Greco Roman and Olympic

#### **Footnotes:**

<sup>1</sup> Not statistically significant (i.e. we cannot say with 95% confidence that there has been a real change in the participation rate).